

## Vietnamese Rice Paper Rolls

- 1 cup shredded barbecued chicken and/or
- 1 cup tofu sliced into finger pieces and pan fried
- 1/8 Chinese cabbage (wombok), finely shredded
- 1/2 cup bean sprouts, trimmed
- 1 small red capsicum, thinly sliced
- 1/3 cup fresh mint leaves
- 1/2 cup fresh coriander leaves
- 1 lime juiced placed in a small bowl for dipping
- 1/4 cup sweet chilli sauce in a small bowl  
(exclude if need to avoid yeast, sugar, candida program)
- 1/4 cup of yeast and sugar free tamari sauce for dipping
- 1 packet of rice paper

Place all ingredients in separate small bowls on the table.

Have large round but flat bowl that you can place very hot water in to dip the rice paper into to make it soft.

Each guest places a piece of rice paper into the hot water, put back on your plate and places their choice of ingredients into the middle of the rice paper.

So that you can wrap up the little parcel only place about a small handful in.

Then bring up the bottom and bring down the top and fold in the sides, so it all sticks together, then dip in sauces

These can also be made prior and used as lunch box options without the dipping sauce, or to take to a party

Feeds a group of friends or a family