

Salad Rolls with Peanut Sauce

Looking for a different appetizer or snack? These salad rolls are a fresh alternative to deep fried spring rolls and are quick and easy to prepare with ingredients that can be found at most grocery stores.



Ingredients:

For the peanut sauce:

½ cup	Rice vinegar	125 mL
½ cup	Water	125 mL
7 Tbsp	Peanut butter	105 mL
½ cup	Hoisin sauce	125 mL
1 Tbsp	Chili sauce	15 mL

For the wraps:

½ package	Rice vermicelli noodles	200 g
1 package	Dried rice papers	24 wraps
4 leaves	Iceberg lettuce, shredded	4 leaves
2 cups	Cooked chicken or shrimp, chopped	500 mL
1 medium	Carrot, peeled and cut into strips	1 medium
1 medium	Cucumber, peeled and cut into strips	1 medium
½ cup	Fresh cilantro or mint leaves	125 mL

Directions:

For the peanut sauce:

1. In a small saucepan, heat vinegar, water and peanut butter.
2. Stir until blended. Do not boil.
3. Stir in hoisin and chili sauce. Remove from heat and set aside.

For the salad rolls

1. In a medium pot, bring 6 cups of water to boil.
2. Break rice noodles into pieces and cook in boiling water until soft (about 3 minutes). Put cooked noodles in cold water to cool, then drain and set aside.
3. Dip dried rice wrappers in very warm water (2 to 3 at the time) to soften.

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4. Place softened rice wrappers on work surface. Place remaining ingredients in centre of wrap.
5. Roll each of the rice wrappers into a tight bundle to form a cylindrical shape. Arrange on a serving tray and serve with peanut sauce.

Makes 12 servings (2 rolls + 3 Tbsp / 45 mL sauce / 161 g)

Nutrition Facts	
Per 1/12 of recipe (2 rolls + 45 mL / 3 Tbsp sauce/ 161 g)	
Amount	% Daily Value
Calories 230	
Fat 4.5 g	7 %
Saturated 1 g + Trans 0 g	8 %
Cholesterol 45 mg	
Sodium 320 mg	13 %
Carbohydrate 36 g	12 %
Fibre 2 g	8 %
Sugars 5 g	
Protein 11 g	
Vitamin A	2 %
Vitamin C	4 %
Calcium	2 %
Iron	10 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	1 g
Source of magnesium	33 mg
Source of folate	13 mcg
Source of iron	1.3 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	½
Milk and Alternatives	0
Meat and Alternatives	¼

*Nutrient analysis uses cooked shrimp

This is a Choose Sometimes recipe (Mixed Dish – Meat-based) according to the Alberta Nutrition Guidelines.