

Spring Rolls

Makes 10 rolls

You will need:

- 1 medium red bell peppers, thinly sliced
- 1 medium yellow bell pepper, thinly sliced
- 1 large carrot, shredded or thinly sliced
- $\frac{1}{4}$ small head purple cabbage, shredded
- 1 medium avocado, thinly sliced
- 1 cup microgreens or sprouts
- $1\frac{1}{2}$ tbsps rice vinegar
- 1tsp sugar
- 1tsp sesame oil
- 10 large rice paper wrappers

For the dip: (optional)

- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{2}$ to 1tsp Sriracha or other hot sauce



What to do:

1. Prepare all the vegetables (all the veg except the avocado can be prepared several days ahead and kept refrigerated)
2. Whisk together the rice vinegar, sugar and sesame oil.
3. In another dish whisk together the mayonnaise with a little sriracha, taste add more if needed.
4. Fill a pie pan or other shallow dish with very warm water. Submerge one of the spring roll wrappers in the warm water until softened but still slightly stiff, 15 - 25 seconds. (If you wait till it is entirely soft it is more likely to tear when you assemble the rolls).
5. Lay the softened wrapper on your work top. Quickly lay a few pieces of red and yellow bell pepper, carrot and cabbage in the lower-middle of the wrapper.
6. Lay a few pieces avocado beneath the vegetables and lay a small pile microgreens on top.
7. Sprinkle a spoonful of rice vinegar dressing over the vegetables.
8. Fold the sides of the wrapper over the filling, then roll it up starting at the bottom.
9. Repeat with remaining spring rolls.

Please note:

You can wrap them in cling film to stop them becoming soggy or sticking to each other.

Substitute any other favourite raw vegetables for those in this recipe.