

Homemade Fresh Summer Rolls with Easy Peanut Dipping Sauce

Serving size: 1 roll; makes 10 rolls

Prep time: 45 minutes

Total time: 45 minutes

Ingredients



EASY PEANUT DIPPING SAUCE

- 1/4 cup natural creamy peanut butter
- 1½ tsp hoisin sauce
- 1 Tbsp low-sodium soy sauce
- 1 clove garlic, mashed (or about 1 tsp minced)
- 1-2 Tbsp warm water, or more as needed
- **optional garnish:** crushed peanuts, sprinkle of crushed red pepper

SUMMER ROLLS

- 10 spring roll rice paper wrappers
- 1 large carrot, peeled and julienned
- 1 large cucumber, julienned
- 1/2 of a large red pepper, julienned
- 1/3 cup chopped purple cabbage
- 1 ounce cooked rice noodles/rice vermicelli (optional) or sprouts
- handful fresh cilantro, mint, and/or basil
- 5 large green lettuce leaves (romaine, butter, etc), torn in half
- 20 medium cooked shrimps, peeled and sliced in half length-wise
- **optional garnish:** sesame seeds for garnish

Preparation

Prepare the dipping sauce:

1. Combine all sauce ingredients, (except water and garnish), in a medium bowl and whisk until smooth.
2. Add 1-2 Tbsp of warm water or until you reach your desired consistency.
3. Pour into a serving bowl/ramekin and top with garnish. Set aside.

Prepare the rice paper wrappers:

1. Pour warm water into a large bowl or 9-inch square or round baking pan.
2. Working with one at a time, dip the rice paper wrapper into the warm water for 15-20 seconds (or whatever the package suggests). Immediately remove from the water and place flat onto a clean surface such as a ceramic plate or cutting board. The wrapper should be soft, yet slightly firm and pliable.
3. If needed, lightly pat the wrapper with a napkin to dry slightly.

Fill the rolls:

1. Place a few sticks of carrot, cucumber, red pepper, and a sprinkle of cabbage on top of the bottom 1/3 of the rice paper.
2. Add a small amount of noodles (if using), and fresh herbs of your choice.
3. Lay 1/2 of a lettuce leaf and top with 4 slices of shrimp on top.

Tip: Careful not to overfill the roll. It may take more than one to find the right amount of filling. Start with small amounts and add more as needed.

Roll them:

1. Work quickly. Carefully roll the everything tightly. Gently pull up the bottom of the rice paper and roll over the filling. Use your hands to tuck the filling in as you go.
2. Fold in the sides to seal all ingredient securely.
3. After rolling each, place on a serving plate. Cut in half, sprinkle with sesame seeds, and serve with peanut sauce.

Nutritional Information**Per serving**

Calories: 193

Total Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 19 mg

Total Carbohydrate: 32 g

Dietary Fiber: 3 g

Sugar: 3 g

Protein: 5 g

Sodium: 405 mg

Potassium: 231 mg

Adjusted from: <https://sallysbakingaddiction.com>