

Fresh Spring Roll

 2 servings  Prep: 10 mins  Cook: 20 mins

INGREDIENTS

- 40 g brown rice bee hoon, uncooked
- 200 g prawns
- 8 rice paper (22cm)
- 40 g lettuce
- 120 g cucumber, deseeded and peeled
- 120 g carrot, peeled

METHODS

1. Blanch brown rice bee hoon in a pot of hot water and drain, set aside.
2. In the same pot of hot water, add in prawns. Drain and set aside when fully cooked.
3. Shred the carrot and cucumber, set aside.
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5. Prepare a shallow dish plate wider than the rice paper. Fill it with lukewarm water.
6. To rehydrate the rice paper, simply slide it in the plate of water for a few seconds.
7. Place vermicelli, lettuce, cucumber, carrot and prawns on the soaked rice paper, roll it up and enjoy!



ONE-DISH
MEALS



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 345kcal, Carbohydrate 49g, Protein 31g, Fats 1.8g, Saturated Fats 0.2g, Polyunsaturated Fats 0.2g, Monounsaturated Fats 0.2g, Cholesterol 188mg, Dietary Fibre 4.6g, Sodium 652mg, Potassium 387mg, Phosphate 252mg