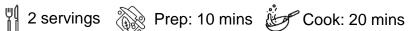




## Fresh Spring Roll







## **INGREDIENTS**

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

## **METHODS**

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



**MEALS** 





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







