Summer Rolls



If you are fond of vegetables, then this is a top recipe for you, and if you are not, you are likely to become one when you try these vegetable summer rolls, peanut dip goes extremely well with them. The dip gives special charm to this recipe, as its taste suits vegetables perfectly. Combination of various tastes is likely to make you a vegetable fan, but do not forget that this peanut dip, which is obligatory.

INGREDIENTS :

1 avocado

1 carrot (a bigger one)

1 cucumber

200 g of maize

½ yellow, red and green bell pepper

1 courgette (a smaller one)

1 chicory

200 g of mixed salad

150 g of glass noodles

Rice paper (1 package of 12 pieces)

FOR THE DIP :

130 g of peanut spread (creamy)

juice of ½ lime

80 ml of water

3 spoons of agave syrup (or aronia

syrup and floral honey will also do)

1 piece of ginger (1 cm)

1 clove of garlic

3 spoons of soy sauce

ADDITIONAL INGREDIENTS :

food colouring (if wished)

PREPARATION :

1 . wash the vegetables and cut them into narrow strips, cubes or spirally, as wished …

2 . pour boiling water over glass noodles and add food colouring immediately (colouring is not obligatory, you can leave the noodles transparent) and let it stay for 5 to 10 minutes (read the instructions on the packaging) …

3 . in the meantime prepare the dip …

4 . grate the ginger, chop the garlic, juice the lime and put all the dip ingredients together, stir well and mix with a hand blender. Put the dip aside to continue the preparation …

5 .strain the glass noodles, wash them with cold water and oil them a bit to avoid their sticking together …

6 . oil the tray where you will line your ready rolls…

7 . dip the rice paper in warm water and take it out

immediately, put it on the worktop and leave for a few seconds, so that it becomes elastic and flexible …

8 . line vegetables and glass noodles in the middle (any order will do) and wrap up …

9 .fold one side over the vegetables and close the left and right sides inwards and then just roll (roll slowly because rice paper is very sticky and cannot be rolled again if wrapped in a wrong way) LOOK AT THAT PROCEDURE ON THE VIDEO! …

TIP :

If you do not want to use food colouring, you can make some juice by boiling vegetables and pour it over the glass noodles to get various colours (noodles do not get such an intense colour as they do with food colouring and they get some taste of juice, too) .

You can put some smoked salmon or cooked chicken together with vegetables into your summer rolls or you can change the vegetables and use the ones you prefer.

If covered, summer rolls can be kept in the fridge for 2 to 3 days.

If you expect guests, put all the ingredients and a bowl with warm water on the table, so that everybody can fill their summer roll as they like.

I have taken the recipe for the peanut dip from the blog Sallys Welt .











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