

Week 2: Diet

Friday: Summer rolls



Summer rolls are easily made and perfect for a lovely get together with friends. You can fill the rolls with whatever you like, there are no limits. Therefore it is a perfect dish for a larger group, every taste and diet, such as being vegan, can be considered. There are a lot of different options for sauces, attached are two ideas. Enjoy cooking and bonne appetit!

Ingredients for 10 summer rolls:

- 10 sheets of rice paper
- Vegetable/Fruit (for example: cucumber, carrots, peppers, mango, salat, avocado, coriander, sprouts, red cabbage,...)
- Tofu (optional)
- Glass noodles (optional)

Soy-Lime-Dip:

- 2 limes (juice)
- 1 teaspoon rice vinegar
- 1 cm ginger
- 1 teaspoon sesame
- 1 teaspoon soysauce
- 1 teaspoon sesame oil
- 1 teaspoon agave sirup
- 0.5 teaspoon chili flakes

Peanut-Dip:

- 2 tablespoon creamy peanut butter
- 5 tablespoon water
- 1 teaspoon agave sirup
- 2 teaspoon soysauce
- 2 teaspoon lime juice

1. Cut your veggies and fruit into long pieces, this way filling the rolls will be easier.



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2. If you use Tofu, you can brown it in a pan. If you use glass noodles prepare them as said on package insert.
3. Prepare a big bowl with warm water. Put rice paper into the water, let it rest for a few seconds until it is soft enough for rolling. Remove it from the water bowl and place it on a plate. Put your filling in the middle of the lower third of the paper.
4. Start rolling from the upper and lower part of the roll. Afterwards wrap it tightly from the left and right part of the rice paper. Repeat with the other rice papers and the remaining filling.
5. As soon as you finish preparing your summer rolls you can continue with the sauces. For the peanut-dip mix peanut butter, water, agave sirup, soy sauce and lime juice. For the lime-dip mix lime juice, rice vinegar, soy sauce, sesame oil and agave sirup. Peel ginger and grate into the dip. Add some sesame and chili flakes.
6. Enjoy your summer rolls. ☺

