

Rainbow Rice Paper Rolls

Rice paper rolls are the perfect, versatile, lunchbox addition. Gluten free, and far easier to manoeuvre than they look, you'll be wrapping all your leftovers in rice paper in no time. These Rainbow Rice Paper Rolls are a gorgeous, summertime lunch – fresh, light and full of colourful vegies. They are also quite impressive on a platter and a great portable party option. We also love to wrap leftover taco fillings in them to make them so much easier to eat with one hand while your kids are far too busy playing to concern themselves with cutlery and beetroot stains.

We've found rice paper in smaller rounds recently, too, which are the perfect snack size for school lunches without having to cut them in half and have the filling spill out before lunch.

Use a mandolin or the grating function on your food processor if you have one to cut the vegetables to save time.

Get the kids involved with this one, and get them to choose their favourite combination using each colour of the rainbow. This one is ours..



Allergens:

Lactose Free | Gluten free | Vegetarian Options | Nut Free | Vegan Options | Low FODMAP Options | Egg Free | Dairy Free | Grain Free Options | Wheat Free | Soy Free Options | Seafood Free | Low Oxalate Options | Salicylate Friendly Options

Recipe:

Family friendly | Freezable | Leftovers | Dinner | Lunch | Picnic | Snack

Preparations time: 10mins

Cooking time: 20 mins

Serves: 4-6

Ingredients

Rice paper sheets

1 red capsicum, seeds removed and finely sliced

2 carrots, grated or sliced julienne

2 mangos, peeled, stone removed and thinly sliced

½ cos lettuce, finely shredded

2 spring onions, chopped into 5cm lengths and thinly sliced longways

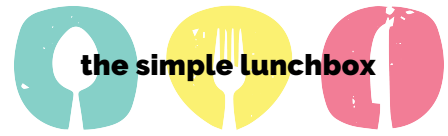
1 avocado, peeled and stone removed, mashed

1 large beetroot, grated (wear gloves, and don't wear white!)

2 cups leftover BBQ or roast chicken, shredded

1 cup mixed fresh herbs, finely shredded (mint, coriander, chives, Vietnamese mint, basil, etc)

Dipping Sauce:



1 tsp sesame oil
2 tbsp wheat free tamari
1 tsp honey or maple syrup
1 tsp finely sliced chilli
1 tbsp chopped coriander leaves

Instructions

1. Prepare your work area with a shallow dish of lukewarm water that will fit your rice paper, a clean, damp tea towel, the filling ingredients and a plate or platter for the finished product.
2. Place the first rice paper sheet in the lukewarm water for a few seconds, remove, then place on the damp tea towel. Don't let the rice paper soak, it will continue to soften as you work.
3. Prepare a little of each ingredient of the filling you have chosen, being mindful that there will be some of each item all the way along the roll, so there is a rainbow in each bite.
4. Place the filling on the rice paper roll slightly off centre, leaving room for the ends to be tucked in. Don't over stuff as the rice paper could tear, or not seal your filling.
5. To complete the rice paper roll, pull the bottom flap up to cover the filling, then pull the two side in towards the centre.
6. Now, completely roll the rest of the way to seal.
7. To make the dipping sauce, place all ingredients in a sealed jar and shake to combine.

NOTE: The first rice paper roll made from each batch is ALWAYS the taste tester (because it will NEVER hold together the way you want, no matter how often, or how many times you make them.. in my experience.

Variations & Substitutions

For a vegetarian or vegan option, swap the chicken for tofu, tempeh or sprouts.

For a salicylate friendly combination, try red and green cabbage, green beans, bamboo shoots and chicken.

For a FODMAP friendly combination, try alfalfa, red capsicum, carrot, coriander, 1 tbsp fresh grated beetroot, 1/8 avocado. Be aware that the rice paper could exacerbate symptoms depending on your sensitivity. Limit your rice paper rolls to 1-2, or replace the rice paper with lettuce or cabbage.

For an oxalate friendly combination, try red capsicum, green cabbage, lettuce, radish, animal protein or mung bean spouts, avocado and peach.