



## **Spring Rolls with Peanut Dipping Sauce**

### **Ingredients**

#### ***Spring Rolls***

- ¼ teaspoon fine sea salt
- ½ cup thinly sliced cabbage
- 1 cup torn lettuce, ribs removed
- 1 medium carrot, peeled and cut into matchsticks
- 1 Persian (mini) cucumbers or 1 small cucumber, cut into matchsticks
- 1 avocado, sliced
- 2 T thinly sliced green onions
- 2 T roughly chopped fresh cilantro
- 2 T roughly chopped fresh mint
- 4 sheets rice paper (spring roll wrappers)

#### ***Peanut Dipping Sauce***

- ⅓ cup creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons reduced-sodium tamari or soy sauce
- 2 tablespoons honey or maple syrup
- 1 tablespoons toasted sesame oil
- 2 cloves garlic, pressed or minced
- 2 to 3 tablespoons water, as needed

**1.** Fill a shallow pan (a pie pan or 9" round cake pan works great) with an inch of water. Fold a lint-free tea towel in half and place it next to the dish. Make sure your prepared fillings are within reach. Combine the green onion, cilantro and mint in a small bowl, and stir.

2. Place one rice paper in the water and let it rest for about 20 seconds, give or take.
3. Leaving about 1 inch of open rice paper around the edges, cover the lower third of the paper with a few pieces of lettuce, followed by a bit of cabbage, a few strips of carrot, cucumber and avocado. Sprinkle generously with the herb mix.
4. Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.
5. For the peanut sauce, In a small bowl, whisk together the peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Whisk in 2 to 3 tablespoons water, as needed to make a super creamy but dip-able sauce.
6. Serve the spring rolls with peanut sauce on the side. You can serve them whole, or sliced in half on the diagonal with a sharp chef's knife.

### **Equipment**

- Pie plate or cake pan
- Cutting Board
- Chef Knife
- Measuring Spoons
- Vegetable peeler
- Prep Bowls
- Whisk
- Plate for serving