

Vietnamese Vegetable Parcels Recipe

Ingredients:

2 x 50 g pack rice flour pancakes*
50 g thin rice noodles
1 cooked skinless chicken breast, shredded
1 carrot, finely sliced
1/2 cucumber, finely sliced
1 red capsicum, deseeded and finely sliced
Baby Gem lettuce, coriander (cilantro) and mint leaves, to serve

For the dipping sauce:

4 tablespoons Thai fish sauce
2 tablespoons rice wine vinegar
Squeeze lime (calamansi)
1 red chili, deseeded and finely sliced

Method:

Soak the rice flour pancakes according to packet instructions or in boiling water for 30 seconds. Remove and cool on paper towels. Soak the rice noodles according to packet instructions, then drain and cut them into 2cm strips. Lay a rice pancake on a board and arrange some rice noodles, chicken, vegetables and herb leaves about a third of the way up, leaving a 1cm edge at the side. Fold the sides over the vegetables and then roll up lengthways to make a cigar. Store in the fridge, covered with moist paper towels for up to 1 day. Mix together the ingredients for the dipping sauce and put into a bowl. To serve, arrange the rolls on a plate along with the leaves and herbs. To eat, wrap each roll in a piece of lettuce with a herb sprig and dunk into the sauce.
*Rice flour pancakes - also known as rice paper, can be found at oriental stores selected Asian supermarkets.

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