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## Summer Spring Rolls



## Ingredients

2 large carrots, julienned  
2 -3 julienned green onions  
1/3 cup thinly sliced purple cabbage  
1 tablespoon olive oil  
1/4 cup minced fresh cilantro (or to taste)  
1/4 teaspoon fresh ground pepper  
1 pinch sea salt  
16 rice paper, rounds softened (8-inch)  
1/8 cup bean sprouts  
<strong>Sauce</strong>  
1 tablespoon reduced sodium soy sauce  
1 teaspoon dark sesame oil or 1/4 cup soy sauce  
2 tablespoons rice vinegar  
1 tablespoon peanut oil  
1/2 teaspoon hot sesame oil  
1/2 teaspoon minced garlic (2 cloves)  
1 pinch sugar

## Preparation

- 1 In a large bowl, combine the carrots, bean sprouts, purple cabbage, olive oil, cilantro, salt and pepper. Toss well. Let marinate at room temp for 10 minutes, stirring frequently.
- 2 Place about 2 tablespoons of the vegetable mixture about 1-inch from the lower edge of each rice paper round. Sprinkle with basil/mint leaves.
- 3 Fold the bottom edge over the filling
- 4 fold in both sides and roll up tightly. Press to seal.
- 5 Place on a plate seam side down
- 6 cover with plastic wrap. Refrigerate for 10 minutes.
- 7 In a small bowl, combine the soy sauce and sesame oil.
- 8 In a separate bowl, combine the soy sauce, rice vinegar, peanut oil, hot sesame oil, garlic and sugar. Serve as a dipping sauce with the spring rolls.

- 9 **NOTE:** To soften the rice-paper rounds before rolling them, fill a large bowl with warm water. Dip each rice-paper round into the water for 10 seconds, or until softened and translucent. Remove and let drain on a clean dish towel. Do not stack the rice papers
- 10 they will stick together.
- 11 **NOTE:** Add cooked shrimps.

## Cooks Note

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