

Asian Salad Rolls with Shrimp

Give It
A Try

Served as an appetizer or a main course and are easily customizable so you can use your favourite fillings! These light and refreshing salad rolls are perfect for warmer months and still great throughout the year.



Nutritional Analysis per serving:

198 calories, 6 g fat, 8 g protein, 32 g carbohydrate (30 g available carbohydrate), 2 g fibre, 257 mg sodium

My Viva Servings: 2 grains, 1 protein



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Serves 6 (2 salad rolls per serving) as an appetizer



Ingredients:

- 18 large shrimp, peeled and deveined, cooked and cooled
- 12 round rice paper wrappers
- 3 cups cooked rice vermicelli, rinsed under cold water
- ¾ cup julienned carrots
- ¾ cup julienned cucumbers (seeds removed)
- ½ cup fresh mint leaves, torn
- ½ cup fresh cilantro leaves
- ½ cup fresh basil leaves, torn
- 2 rice paper wrappers

Peanut Sauce:

- ¼ cup peanut butter
- 2 tsp sambal oelek, or 1 tsp sriracha sauce
- 2 tsp low sodium soy sauce
- 1 tsp hoisin sauce
- 1 clove garlic, grated
- ¼ tsp sesame oil
- 1-2 tbsp hot water

Preparation:

1. To make peanut sauce, combine peanut butter, sambal oelek, soy sauce, hoisin sauce, garlic and sesame oil in a medium bowl. Whisk to combine. If sauce is too thick, whisk in 1-2 tbsp hot water until sauce reaches desired consistency.
2. Cut shrimp in half lengthwise and set aside.
3. Dip rice paper wrappers briefly in cold water. Rice paper will still be slightly firm to the touch.
4. Carefully transfer to a cutting board or clean work surface.
5. Place ¼ cup rice noodles on rice paper wrapper on lower third of the wrapper (closest to you), leaving a ½ inch margin on each side. Add 1 tbsp carrots and cucumbers, followed by fresh herbs.

Did You Know? There are omega 3 fatty acids in shrimp that can improve your heart health.

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