

## **Rice Paper Rolls**

### **Ingredients**

1 packet of rice paper wrappers  
2 skinless chicken breasts  
2 minced garlic cloves, or 1-2 tbsp minced garlic  
2 tbsp olive oil  
1 tbsp sesame oil  
2 tbsp low salt soy sauce  
1 carrot, chopped into strips  
1 cucumber, chopped into strips  
Iceberg lettuce  
½ large capsicum, chopped into strips  
½ a red onion, diced  
2 tbsp mint leaves  
Chopped or crushed walnuts or peanuts



### **Method**

1. Combine chicken breasts, garlic, oils and soy sauce in a bowl. Marinate in the fridge for 20 mins.
2. Cook chicken on frying pan until tender and cooked through. Set aside in bowl to cool, then slice into strips.
3. Place all vegetables, nuts and herbs into small bowls, ready to add to rice paper rolls. Prepare a flat bowl or flat container of warm water to soak the wrappers.
4. Soak one rice wrapper at a time in the warm water until it is damp and flexible. Place it onto the working surface.
5. Fill 1/3 of the wrapper with the vegetables, mint, walnuts and chicken. Start rolling away from you, tucking in the sides as you go. For thicker rolls, add more filling.

Serve as they are or with your favourite dipping sauce and enjoy!

Source:

<https://www.kaylainsines.com/blogs/recipe/19160543-healthy-rainbow-rice-paper-rolls-recipe>