

Fresh Rice Paper Rolls



Prep time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , RPAH Elimination Diet – Very High Chemical , Salicylate Challenge
Meal type	Main Dish , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Picnic
Region	Asian

Ingredients

- Rice paper spring roll wrappers
- Water (in a bowl wide enough to place a sheet of rice paper in.)

Fillings (Low Chemical)

- Eggs
- Cooked chicken (diced or shredded)
- Lettuce (shredded)
- Vermicelli noodles
- Bamboo shoots (shredded)
- Mung bean sprouts
- Spring onions (finely chopped)

Fillings (Moderate Salicylates)

- Carrot (grated)
- Cucumber (peeled and grated)

Fillings (Very High Amines)

- Tinned tuna (drained)

Dipping Sauce

- 80ml water
- 1 clove garlic (crushed)
- 1 teaspoon citric acid
- 1 1/2 tablespoon brown sugar

Directions

Prepare Fillings

1. Lightly beat the eggs together, then cook omelette style in a frying pan. Allow to cool then slice into thin strips.
2. Cook and drain the vermicelli noodles as per the instructions on the packet.
3. Get all the fillings together.



Dipping Sauce

4. Combine all the ingredients for the dipping sauce in a small bowl and mix until the sugar is dissolved.

To Make the Rice Paper Rolls

5. Dip the rice paper wrapper into the bowl of water then place on a flat surface (plate), allow to soften for 1 to 2 minutes.

6. Place the fillings onto the centre of the rice paper wrapper. Fold up the top and bottom ends, then fold in one side and roll across the remaining side to seal the roll.



7. Repeat for all the wrappers and serve with dipping sauce.

Note

You can use any fillings you like, I've just given some examples. I haven't included quantities here as it depends on the number of rice paper rolls you want to make. You can prepare the rice paper rolls in advance, or have everyone build their own at the table.

Low Chemical / Failsafe, Moderate Salicylates, Amines