

NOODLE AND VEGETABLE ROLLS

Equipment needed –

Small knives chopping boards, large bowl, colander, scissors, measuring spoons, jar with lid, 3 small serving bowls, chopping board covered with a clean tea towel, medium bowl of warm water, 3 serving platters, grater and juicer.

Ingredients from the Garden –

- 1 medium carrot, grated
- 1 small wombok, shredded finely
- 1 cup of lemon juice
- 28 large mint leaves

Ingredients from the Pantry –

- 150 grams of rice vermicelli noodles
- 2 tablespoons of fish sauce
- 2 tablespoons of brown sugar
- 28 sheets of rice paper

Sweet chili Dipping Sauce

- ½ cup of sweet chili sauce
- 2 tablespoons of fish sauce
- 2 tablespoons of lime juice

What to do –

1. Place the noodles in a medium heatproof bowl and cover with boiling water. Stand until tender and drain in a colander over the sink. Place the noodles in a medium bowl, using scissors, cut the noodles into random lengths.
2. Juice the lemons so that you have enough for 1 cups worth.
3. Grate the carrot and place in the bowl with the noodles.
4. Finely shred the wombok and place in the bowl with the carrot and noodles.
5. Measure out 2 tablespoons of fish sauce, 2 tablespoons of sugar and 1 cup of lemon juice and gently toss to combine.
6. To assemble the rolls, place 1 sheet of rice paper in a medium bowl of warm water until just softened. Lift the sheet carefully from the water and place on a chopping board covered with a clean tea towel. Place a little of the vegetable mixture along the edge of the sheet and place a mint leave on top. Fold over until the ingredients are covered, then fold in each side. Roll up and place on a serving platter. Repeat with the remaining rice paper sheets, vegetable filling and mint leaves.
7. To make the dipping sauce, measure out and combine all of the sauce ingredients into a jar. Put on the lid and shake well to combine. Divide the sauce amongst 3 small serving bowls.

Serves-

28 students

