

Vegetable rolls with spicy dip

You can serve your guests a healthy and vitamin-rich bite full of fresh vegetables with this Asian-inspired recipe. You can serve the vegetable rolls with the aperitif, as an original starter, or as a light lunch.



Ingredients

- 12 sheets of rice paper (spring roll wraps)
- ½ red bell pepper
- ½ cucumber
- 1 carrot
- 100g enoki mushrooms or Parisian mushrooms
- 1 pack of soya sprouts
- fresh coriander
- fresh mint

Preparation

For a refined, culinary result, it is important to carefully cut all vegetables into long, thin strips. This requires a little extra effort, but it yields a brilliant result.

Soak the sheets of rice paper in cold water for a while. As soon as they are pliable enough, dab them dry on a clean towel.

Place a sheet of rice paper on the work surface and arrange a varied bouquet of all the finely sliced vegetables in the middle. Top the vegetables with a few leaves of coriander and mint.

Now you can make closed rolls filled with the vegetables.

First, fold the top and bottom of the rice paper sheet over the filling. Then fold the left and right sides over the bunch of vegetables and herbs, until you get a nice closed roll. While wrapping, pull the sheet of rice paper tightly so that you get a solid roll. Cut each closed roll in half with a sharp knife.

Serve the fresh vegetable rolls on the spot with a bowl of Suprima spring roll sauce.