

CHICKEN RICE PAPER ROLLS



1 HOUR



6 SERVES



NO COOKING
REQUIRED

INGREDIENTS

- 12 rice paper rounds
- 1/2 iceberg lettuce, shredded
- 1/2 barbeque chicken, skin and bones removed, meat shredded
- 1 red capsicum, thinly sliced
- 1 lebanese cucumber, thinly sliced
- 1 carrot, thinly sliced
- 1/2 cup coriander leaves

DIRECTIONS

1. Half fill a shallow dish with warm water.
2. Place the rice paper round in water for about 2 minutes or until it starts to soften. Remove from water and place on work surface, a tea towel placed on a chopping board works best.
3. Place lettuce, chicken, capsicum, carrot and coriander in the middle of the round.
4. Fold the base of wrapper over filling, fold in sides and then roll to enclose.
5. Repeat with the remaining rice paper round and fillings to make 12 rolls.

LUNCHBOX TIP

Remember to always pack an ice brick when packing chicken in the lunchbox!

