



KIDS CLUB

SALAD ROLLS

INSTRUCTIONS

- Wash all veggies and fruits
- Create *mis en place* (everything in its place) by chopping each veggie and fruit into long thin strips and place on a cutting board
- Boil water and pour over vermicelli, let stand for 5 minutes then strain
- Prepare a wide mouth dish with room temp water
- Dunk rice paper into water for 20-30 seconds (don't let it get too soft)
- Place a couple strips of each ingredients and a small handful of noodles onto rice paper and begin to roll
- Repeat for as many rolls as you'd like to eat

TIPS

- Lay damp cloth out onto serving plate, this will stop the paper from sticking to the dish
- Only dunk the rice paper wrappers for 20-30 seconds in room temp water or else the paper will get too wet and the roll will explode. They may still feel hard but they will soften.
- The first couple rolls usually turn out wonky, and that's part of the fun! Practice makes perfect :)
- Have fun and take a couple nibbles on the fruits and veggies while you're cooking!
- Send photos of your creations to michaela@nelsoncfc.ca
- Don't forget to complete the survey so that you can enter the draw to win cool prizes!



NELSON
community food centre

NELSON COMMUNITY FOOD CENTRE - KIDS CLUB MEAL KITS

SALAD ROLL RECIPE

