

# COLD SPRING ROLLS

## INGREDIENTS

- ½ cup cabbage, finely shredded
- ½ cup carrot, grated
- ½ cup cooked chicken mince (or shredded BBQ chicken breast)
- ¼ cup fresh mint
- 2 tbsp spring onion, finely chopped
- 1 tbsp oil
- ¼ tsp pepper
- 1 cup softened vermicelli or clear Asian rice noodles
- 8 sheets of dried rice paper sheets

## METHOD

1. Fry chicken mince in oil
2. Soak noodles in hot water until tender, drain
3. Gently mix noodles, vegetables and chicken
4. Individually dip rice paper sheets into bowl of warm water to soften
5. Place sheet on chopping board
6. Divide filling into 8 portions
7. Place 1 portion into corner of each sheet
8. Fold closest corner over filling
9. Fold in the two side corners then roll

### Serving suggestion:

Serve with a small amount of salt reduced soy sauce or sweet chilli sauce

Makes: 4

Serving size: 2 rolls

### Nutritional Analysis per serve:

Energy	821kJ
Protein	9g
Fat	7g
Carbohydrates	23g
Sodium	98mg
Potassium	160mg
Phosphate	88mg

**BIG  
RED  
BBQ**

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