

VIETNAMESE SPRING ROLLS

Recipe makes
4 servings

Prep time
10 minutes

NUTRITION INFO PER SERVING (1 roll)

Calories 50

Protein 1.05 g

Phenylalanine 39 mg



INGREDIENTS

FILLING

1/4 cup red peppers, sliced thinly

1/4 cup cucumber, sliced thinly

2 spring onions, sliced thinly
lengthways

1/2 avocado, peeled, pitted,
and sliced thinly

1 ½ Tbsp lemon juice, fresh

3 Tbsp cilantro, fresh, chopped

1 red chili pepper, sliced thinly

2 cloves garlic, crushed

4 sheets rice paper, pre-soaked
following package instructions

DIRECTIONS

- 1 Combine all filling ingredients in a medium-sized bowl.
- 2 Lay a sheet of the rice paper down on a cutting board in a diamond shape.
- 3 Place 2 Tbsp of filling onto the bottom point of the rice paper.
- 4 Roll the bottom point of the rice paper upwards twice and fold in the sides toward the middle.
- 5 Repeat steps 2–4 until all of the rice paper has been rolled.

SERVING SUGGESTION

Serve with sweet chili sauce.

CHEF TIP

Add more sliced chili for a spicy kick!

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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VFUSA_VIETNAMESESPRINGROLLS_102021



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