



# Rice paper rolls



Category • Lunchbox



Serves of fruit (per serve) • 0



Preparation time • 20 mns



Serves • 4 (2 rolls each)



Serves of vegetables (per serve) • 0.5/1



Cooking time • 0 mns

## Ingredients

- 8 pieces of rice paper
- 1 cup cooked skinless chicken breast, diced
- 1 medium carrot, thinly sliced
- 1 medium cucumber, thinly sliced
- 1 cup shredded lettuce
- 1 avocado, sliced

## Method

- 1 Soak rice paper in lukewarm water for approximately 15 seconds until soft.
- 2 Lay rice paper flat on a slightly damp surface, like a clean damp tea towel or paper towel.
- 3 Place fillings in the centre of the rice paper.
- 4 Roll up, tucking in each end as you go.
- 5 Repeat until you have used all of the rice paper.

## Nutrition information

|           | Kilojoules (kJ) | Protein (g) | Fat (g) | Saturated fat (g) | Carbo-hydrates (g) | Sugars (g) | Sodium (mg) | Fibre (g) |
|-----------|-----------------|-------------|---------|-------------------|--------------------|------------|-------------|-----------|
| Per serve | 822             | 11.7        | 6.8     | 1.3               | 19.5               | 2.9        | 217         | 4.8       |
| Per 100g  | 447             | 6.4         | 3.7     | 0.7               | 10.6               | 1.6        | 118         | 2.6       |

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## Recipe notes

### About this recipe

Low in added sugars, low in total fat and saturated fat!

### Variations, hints, serving suggestions

- For a vegetarian option, try scrambled egg or fried tofu.
- Tuna is a tasty alternative to chicken. Drain two 185g tins of tuna in springwater, and mix with two tablespoons of low-fat mayonnaise.
- Optional - serve with a small amount of salt-reduced soy sauce or sweet chilli sauce.
- Boost the flavour of this recipe by adding fresh herbs such as Thai basil or mint.
- Frozen vegetables do not work well in this recipe, however other salad options, such as baby spinach, spring onion or capsicum can be used instead.
- If these aren't filling enough, try adding cooked rice vermicelli to each wrap alongside the chicken and vegetables.

### Storage

Leftovers can be stored in an airtight container in the fridge for 2-3 days. Best eaten fresh. Keep cool by adding an ice brick to your child's lunchbox.

### How children can assist in preparation

Younger children can wash the vegetables and help assemble wraps.

Older children can create this recipe with little support (NB does involve hot water).

### Food allergens

Always read the ingredient list on the food label for allergens, even if the product has been purchased and eaten safely before.



## Acknowledgement

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