learn

VIETNAMESE SPRING ROLLS

EDUCATIONAL Wooden Spoon KIDS COOKING CLUB

Prep time
30 min

Cooking time
0 min

Portions
4-6



Vietnamese Spring Rolls

Ingredients

16 Vietnamese-style large rice paper rounds
water, for soaking
1 red cabbage/butter lettuce/green cabbage, finely sliced
2 medium carrots, finely julienned
1/2 cucumber, finely julienned
2 bunches spring onions, finely sliced
Fresh herbs like basil, coriander, mint (optional)
2 shredded cooked chicken breasts/cooked prawns (optional)
a few tablespoons of toasted sesame seeds (optional)

Peanut butter sauce
⅓ cup creamy peanut butter
2 tbs rice vinegar
2 tbs soy sauce
2 tbs honey or maple syrup
1 tbs toasted sesame oil
2 cloves garlic, crushed
2 to 3 tablespoons water, as needed

Equipment

tablespoon
measuring cup
clean cloth
round pan
knife
chopping board
jar for sauce
tea towel
chopping board

Method

Step 1 Fill a shallow pan or 22 cm pie dish with 3 cm of water. Place a folded, clean tea towel next to the dish and keep your fillings within reach. Mix the herbs and spring onions, if using.

Step 2 Dip one sheet of rice paper into the water for about 20 seconds, until soft and flexible but not too floppy. Carefully lay it flat on the tea towel.

Step 3 Leaving a 3 cm border around the edges, arrange a few strips of vegetables, herbs and meat (if using) across the lower third of the rice paper.

Step 4 Fold the bottom edge over the filling and roll tightly to enclose it. Fold in both sides, like a burrito, then continue rolling. Repeat with the remaining ingredients.

Step 5 To make the peanut sauce, whisk together the peanut butter, rice vinegar, soy sauce, honey, sesame oil and garlic in a small bowl. Add 2–3 tablespoons of water, a little at a time, until smooth, creamy and perfect for dipping.

Step 6 Serve the spring rolls whole or cut diagonally in half with a sharp knife, with the peanut sauce on the side for dipping.

Chef Notes

Rice Paper Tips
- Dip the rice paper in warm water for 20 seconds only—it softens more as you work with it.
- Lay it flat on a damp towel or nonstick surface to roll without tearing
- Don't overfill.
- Fold the sides in first, then roll tightly from the bottom up like a burrito.
- Place seam-side down to help them hold.
- Serve Immediately

Skill Badges





