

Low FODMAP Rice Paper Rolls with Peanut Dipping Sauce

Serves: 8 rolls, 2 per serve

Prep: 15 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
Dried vermicelli noodles	100 g	3.5 oz
Firm tofu	200 g	7.05 oz
2 tbsp sesame oil		
2 tbsp cornstarch		
1 large carrot, grated	120 g	4.23 oz
1/2 a cucumber, thinly sliced	100 g	3.5 oz
1 cup red cabbage	100 g	8.82 oz
1/4 cup coriander leaves	15 g	0.5 oz
8 rice paper wrappers		
1/3 cup peanut butter	125 g	4.4 oz
2 tbsp rice wine vinegar		
1 tbsp maple syrup		
2 tbsp soy sauce		
1 tbsp sesame oil		
2 to 3 tbsp water, as needed		

Method

1. Place vermicelli noodles into a bowl and cover with boiling water. Let stand until the noodles are soft and then drain. Cut noodles into short lengths with kitchen scissors.
2. Meanwhile, heat 2 tbsp sesame oil in a fry pan over medium heat and slice tofu into small rectangles. Toss the tofu in the cornstarch and add to the fry pan, flipping on all sides until evenly browned, approximately 5 minutes. Remove from the pan and set aside.
3. Soak rice paper wrappers in cold water until soft and pliable.
4. Add a small handful of vermicelli noodles and layer carrot, cucumber, red cabbage, coriander and tofu on top. Gently roll over once, tuck in the edges, and continue rolling until the seam is sealed.
5. Repeat with remaining wrappers, noodles, vegetables and tofu.
6. To make the dipping sauce, whisk together the peanut butter, rice vinegar, soy sauce, maple syrup and sesame oil. Whisk in 2 - 3 tbsp of water as needed to make a smooth, creamy sauce.
7. Serve rice paper rolls with dipping sauce.

Nutrition Information (per serve)	
Energy	2246 Kj / 537 cal
Protein	16.80g
Carbohydrates	44.50g
Sugar	12.50g
Total Fat	30.60g
Saturated Fat	4.90g
Fibre	7.90g