

Rainbow Rice Paper Roll (2 servings)

Ingredients :

Vietnamese rice paper roll	X	6 sheets (Diameter 16 cm)
Prawns (medium size)	X	12 pieces
Carrot (Peeled)	X	1/3 stalk (~70g)
Cucumber	X	1/3 stalk (~70g)
Baby corn	X	4 stalk (50g)

Seasoning for Prawns :

Salt	1/3 teaspoon
Pepper	1/3 teaspoon

Dipping sauce :

Lime	1/2 piece (squeeze out the juice)
Honey	1 teaspoon
Cooled boiled water	1 tablespoon

Methods :

- 1) Stir all dipping sauce ingredients well for use
- 2) Remove the shell and intestine of prawns, wash thoroughly and add seasoning
- 3) Cut carrot, cucumber and baby corn in slices, blanch in boiling water, then remove, drain and cool
- 4) Cook prawns in boiling water for 4-5 minutes, then remove, drain and cool
- 5) Put the rice paper in warm boiled water for 20-30 seconds, and put on a big plate when soften. Put 2 prawns in the middle area, then add carrot, cucumber and baby corn slices
- 6) Fold the left then right side of rice paper to the middle, then roll up the rice paper to make a rice paper roll

Dietitian's Tips :

- This recipe requires no oil in cooking and adds different vegetables as ingredients. It is a cooking idea that practises 'Low Fat and High Fibre' .
- Prawns contain low fat with minerals like Calcium and Zinc. Calcium can strengthen our bones and teeth. Zinc helps our body to produce protein and help in wound recovery.

Other Tips:

Sea water contains bacteria such as *Vibrio vulunificus*. When handling raw seafood, we should wear thick plastic gloves and avoid exposing unwrapped wounds to seawater.

Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
211.1	18.7	1.0	33.3	2.2	127.7

*the above data is general information for reference.