



Product Spotlight: Avocado

Is your avocado not ripe yet? Put it in a paper bag for 2-4 days to speed up the process. Adding a banana or apple will make it even quicker!



Summer Chicken Rice Paper Rolls

with Peanut Sauce

These rice paper rolls scream summer vibes! They're filled with rice noodles, chicken, fresh fruit, mint and crunchy veggies, and served with a zingy lime and coconut peanut butter sauce.



30 minutes



4 servings



Chicken

Switch it up!

*Switch the rice paper rolls up to make a summery chicken salad!
Prepare ingredients per the instructions, divide among in bowls and serve with peanut sauce.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 40g **CARBOHYDRATES** 98g

FROM YOUR BOX

BEAN THREAD VERMICELLI NOODLES	1 packet
CHICKEN SCHNITZELS	600g
LIME	1
COCONUT MILK	165ml
PEANUT BUTTER	1 packet
MANGO	1
LEBANESE CUCUMBERS	2
AVOCADO	1
RED CHILLI	1
CARROTS	2
MINT	1 packet
RICE PAPER ROUNDS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan, stick mixer (or small blender)

NOTES

Remove seeds from chilli for a milder heat.

Use warm water (not hot) to soak the rice paper rounds as it softens the rounds quicker.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 1–2 minutes or until tender. Drain and rinse in cold water.



4. PREPARE THE FILLINGS

Slice **chicken**, **mango**, **cucumbers**, **avocado** and **chilli** (see notes). Julienne or ribbon **carrots**. Pick **mint leaves**.



2. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Coat **chicken** with **2 tbsp soy sauce** and **pepper**. Add to pan and cook for 4–5 minutes each side until cooked through.



5. ASSEMBLE THE ROLLS

Place a clean tea towel and shallow dish of water on the table (see notes). Soak one sheet of **rice paper** in water for 5 seconds. Place onto towel and add noodles and prepared fillings in the middle. Fold in ends and roll to wrap firmly. Repeat with remaining rice paper and fillings.



3. MAKE THE SAUCE

Zest **lime** and juice 1/2 (wedge remaining). Add to a jug with **coconut milk**, **peanut butter** and **2 tbsp soy sauce**. Use a stick mixer to blend to a smooth consistency.



6. FINISH AND SERVE

Take assembled rice paper rolls and sauce to the table. Alternatively, take all of the elements to the table for everyone to build rice paper rolls to their liking!

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

