

Kimchi Rice Rolls

Serves 2

Equipment Needed:

Bowl with water for soaking rice paper wrappers
Paring knife and chef's knife
Cutting board
Peeler
Grater
2 plates, one for the soaked wraps and one for the finished rolls
Potato masher
Measuring cup and measuring spoons
Small bowl for the dip

To Make The Recipe:

8 rice paper wrappers
2 medium carrots, peeled and grated
2-3 romaine lettuce leaves, chopped
1 cup kimchi, chopped
1 cup cooked brown rice

Honey Garlic Avocado Dip

1 ripe avocado, peeled and pitted
2 tbsp lime juice
1 clove garlic, chopped
1 tbsp raw honey
Sea salt and pepper to taste

To Make the Dip: Place the peeled and pitted avocado in a dish. Add the lime juice quickly so the avocado does not discolour. Add the other ingredients and mash with a potato masher. Season with sea salt and pepper to taste. Set aside.

To Make the Wraps: Soak the rice wrappers one at a time in the bowl with water for a few seconds and place on a plate lined with paper towel. Once the wrapper is soft lay it on a clean counter. Place 1-2 tbsp grated carrots, 1-2 tbsp cooked brown rice and 1-2 tbsp kimchi in the centre of the wrapper. Top with some chopped lettuce. Bring one side of the wrapper to the centre. Then bring the other side to the centre. Roll the wrapper up. Set aside on a plate. Do this with the rest of the rice paper wrapper but one at a time. Serve with the dip. Options for the filling: Chopped chicken or shrimp or other vegetables could also be used in the filling. Add fresh parsley for added flavour.

