

Fresh for Kids Avocado rice paper rolls



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Makes: 8 rolls
Preparation: 30 minutes

These rolls make a great change to everyday sandwiches! Add some shredded cooked chicken to the filling if desired.

40g pkt rice vermicelli noodles 8 x 21cm rice paper rounds
125g snow peas, topped and tailed 2 medium carrots, grated
1 large avocado, peeled, halved
and deseeded

1. Place noodles into a small heatproof bowl, cover with boiling water and stand for 5 minutes.
2. Meanwhile, cook snow peas in a small saucepan of boiling water for 1 minute or until slightly tender. Refresh under cold running water and drain well. Slice snow peas and avocado lengthways into thin strips. Drain noodles.
3. To make rolls, using your hands, liberally brush a rice paper round with warm water until just softened. Dividing ingredients evenly, arrange carrot, avocado, snow pea strips and noodles into the centre of rice paper. Fold over rice paper and roll up, pressing edge to seal. Repeat using remaining ingredients. Cut rolls in half and serve.

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