

Fresh for Kids®

Crunchy vegetable, peanut butter & noodle rice paper wraps



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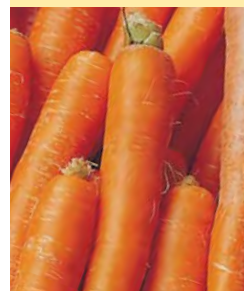
Preparation about 30 minutes
Makes 12

These easy wraps are terrific to take to the beach, pool or a street party.

100g fresh thin egg noodles
2 tsp kecap manis
1 tbs peanut butter
1 carrot, shredded
1 Lebanese cucumber, finely chopped
6 small butter lettuce leaves, torn in half
12 (22cm round) rice paper wrappers
Sweet chilli or soy sauce, for dipping

1. Place noodles in a heatproof bowl, cover with boiling water and stand for 2 minutes or until tender. Drain, rinse in cold water and place in a large bowl. Combine kecap manis and peanut butter in a bowl until smooth. Microwave for 20 seconds until warm. Add peanut butter mixture, carrot and cucumber to noodles. Toss to combine.
2. To make rice paper rolls, dip a round of rice paper in a bowl of hot water for 1 minute until just tender. Place on a board. Place a lettuce leaf down the centre, top with a small handful of noodle mixture. Roll to enclose the filling. Repeat using remaining lettuce, filling and rice papers. Serve with sweet chilli or soy sauce for dipping.

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Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Chewing carrots stimulates production of saliva and helps clean the teeth.

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