

CHICKEN RICE PAPER ROLLS



Prep time: 1 hour

No cooking required

Ingredients

- 12 rice paper rounds
- 1/2 iceberg lettuce, shredded
- 1/2 barbeque chicken, skin and bones removed, meat shredded
- 1 red capsicum, thinly sliced
- 1 lebanese cucumber, thinly sliced
- 1 carrot, thinly sliced
- 1/2 cup coriander leaves

Lunchbox tip: remember to always pack an ice brick when packing chicken in the lunchbox

Method

1. Half fill a shallow dish with warm water.
2. Place the rice paper round in water for about 2 minutes or until it starts to soften. Remove from water and place on work surface, a tea towel placed on a chopping board works best.
3. Place lettuce, chicken, capsicum, carrot and coriander in the middle of the round.
4. Fold base of wrapper over filling, fold in sides and then roll to enclose.
5. Repeat with the remaining rice paper rounds and fillings to make 12 rolls.

