

# Summer Rolls

(Vietnamese spring rolls)



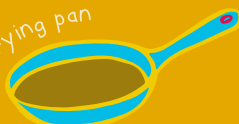
jug & 70ml water



You will need



frying pan



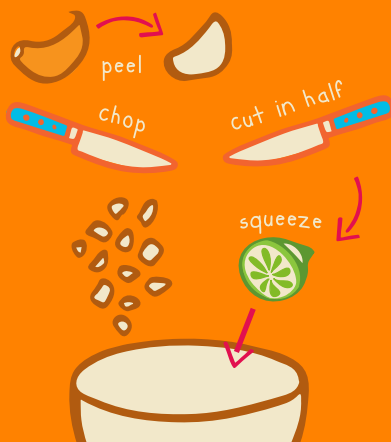
+ Chopping board  
+ Water for your hands



Makes: 10 Summer Rolls

Prep time: approx 30mins

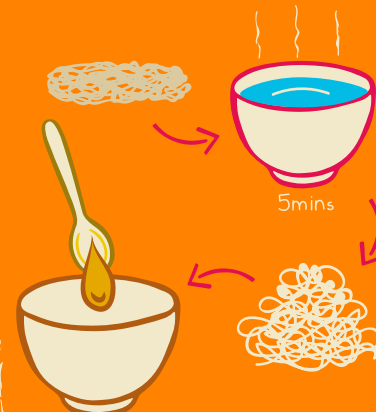
1. Cut or mash garlic & ginger  
Cut lime in half & squeeze in



2. Pour in Peanut Butter, Hoisin Sauce & 70ml water then mix



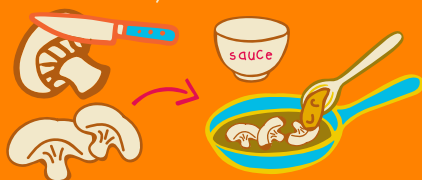
3. Soak noodles in boiling water for 3 mins & drain & rinse  
Then mix with oil & set aside



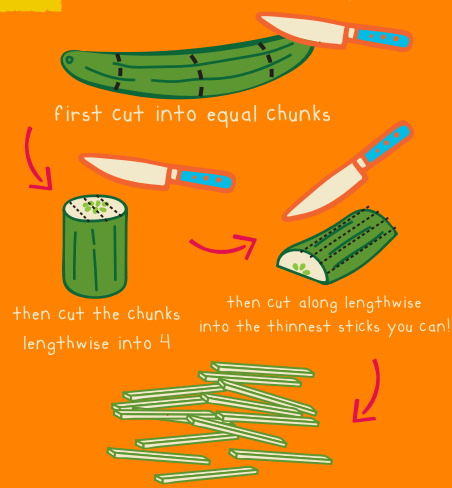
4. Peel & slice red pepper and carrot into tiny sticks



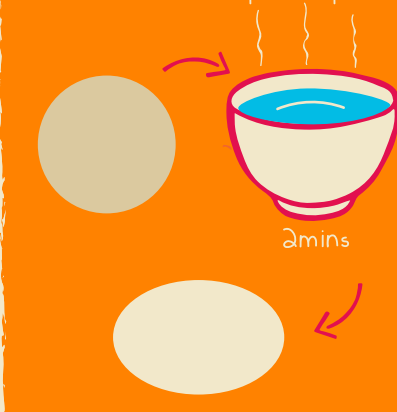
Slice mushrooms up finely & fry for 2-3mins, with a drizzle of the sticky sauce, then set aside



5. Slice cucumber into tiny sticks



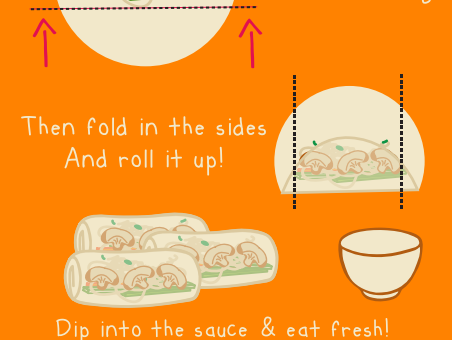
6. Fill a bowl or baking tray with hot tap water & soak a paper circle for 20seconds until soft  
Remove & put on plate



7. Pile fillings in the middle  
Careful not to fill too much!



8. First fold up from the bottom over the filling



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## All about cucumbers...

Cucumbers are a part of the same family as squash, melon & courgettes, and they are believed to come from India where they were first grown 3000 years ago. The Romans took a liking to them and introduced them to Europe and we like them a lot!

Cucumbers had a bad reputation for a while, earning them the name 'cowcucumbers' as they were seen to be fit only to be eaten by cows...moocucumbers!

The humble cucumber is a great store of vitamins and fibre. 95% water, they can rehydrate you on a hot day, but they also have a lot of Vitamin A, Vitamin C and B vitamins which help us feel calm!

If you're feeling a bit whizzy try adding a few slices to some water to calm you down...

Cucumbers are amazing and can do all sorts of magic things! Their skin can rub out pen like an eraser, they can help cure bad breath by placing a slice on the roof of your mouth and if you whizz them up into a puree they can help sunburnt skin! Wow!

We say someone is 'as cool as a cucumber' because the inside of a cucumber can be 20 degrees cooler than the outside, like an insulated tube. Magic fruit!

Cucumbers for Giants!  
Roald Dahl based the BFGs main food source on a cucumber - the Snozzcumber



However, they're a little different:  
Snozzcucumbers are about half as long again as an ordinary man but much thicker.  
They're as thick around their girth as a perambulator.  
They're black with white stripes along their length.  
And they're covered all over with coarse knobles!  
Yuck!

## Other ideas...

Cucumbers are best served raw as they go very squashy cooked!

Use a peeler to make cucumber ribbons and serve with the peanut sauce as a salad

Slice with tomatoes & feta cheese, to make a Greek Salad

Whizz up into a chilled soup

Mix with yoghurt, mint & garlic to make a delicious dipping sauce!

what other ideas can you think of?

## Bake it again!

### Summer Rolls ingredients

- 50g Rice noodles
- 10 x Rice paper round wrappers
- 1 cucumber
- 1 carrot
- 1 red pepper
- 5 mushrooms

+ any other fillings you fancy!  
Handful of fresh mint, coriander & chives

### SAUCE: 30ml Hoisin Sauce

- 30g Peanut Butter - smooth or crunchy
- 15ml Sesame oil
- 1 Clove of garlic
- Half of a lime
- 70ml water or milk

We would love to see your food creations so send us a pic or a short video...  
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