



Spring rolls with shrimp

Healthy and easy

 persoonlijke
gezondheidscheck

Did you know...



Colorful vegetables such as carrots are full of beta-carotene. Your body converts this into vitamin A, which is essential for healthy skin, good eyesight and a strong immune system.

Ingredients

4 sheets rice paper

50 grams rice noodles

½ cucumber

1 carrot

100 grams red cabbage

1 spring onion

8 mint leaves

6 cooked shrimp, peeled

2 teaspoons 100% peanut butter

1 tablespoon low-sodium soy sauce

1 teaspoon rice vinegar

1 teaspoon sambal (optional)

dash of hot water

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Preparation

1. Cut the shrimp in half lengthwise.
2. Cut all the vegetables into thin strips.
3. Prepare the rice noodles according to the package directions.
4. Fill a deep plate with water and submerge one of the rice sheets for ten seconds. Place the sheet in front of you.
5. Place two mint leaves side by side on the bottom half of the rice sheet.
6. Place some of the vegetable strips and rice noodles on top. Lastly, place three half shrimp on top.
7. Fold the bottom of the rice sheet over the filling, pull tightly and roll a little bit. Fold the sides inward and roll the spring roll all the way. Repeat steps 4 through 7 for all the sheets of rice paper.
8. Mix the peanut butter, soy sauce, rice vinegar, sambal and water in a bowl and serve as a dipping sauce.