

Recipe

Spring Rolls III with Peanut Sauce

By

Madhavi d.d.



Ingredients

- 12-16 Vietnam style spring roll wraps*
- 3 cup shredded cabbages
- 1 cup shredded carrots
- ½ cup chopped cilantro
- ½-1 cup greens beans, cut into 3” long pieces
- 1/2 cup fresh spinach
- ½ cup bean sprouts

Peanut Sauce:**

½ cup roasted peanuts

¼ cup peanut butter

¼ cup water

2 tbsp soy sauce

½ tsp chili

1 tsp honey or sugar

1 tsp Chinese black bean paste

Dash of hing

Preparation

In a pot of hot water, blanch all vegetables, except cilantro and spinach, for a few minutes. Place all blanched vegetables on a plate to let cool.

Meanwhile, place peanut sauce ingredients in the blender to make peanut sauce. If it is too dry, add more water. If you like it saltier, add ¼ tsp salt.

Soak spring roll wraps (4-5 pieces at a time) in a bowl with cold water (enough to cover the wraps). Divide the fillings (all the vegetables) equally. Make sure the wraps are soft enough to handle. Wrap all the fillings carefully; the wraps are very delicate.

*You can get this type of wraps in most grocery stores and all Asian markets. These wraps are typically made of tapioca or rice flour.

**You may replace peanut butter with tahini paste. However, you will need to use about 2/3 cup of tahini paste if you are not using peanuts/peanut butter at all.

***You can use any vegetables you like. And you do not need to blanch the vegetables if you like them raw.

Serves

4

For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**