

## **RICE PAPER WRAPS**

Gluten Free, Dairy Free, Low Salicylate

**Ingredients:** (use left overs or....)

500g mince or chicken mince or chopped chicken

½ leek finely chopped

1 clove garlic

½ choko pureed (precooked to soften before pureeing)

½ cup chopped cabbage

½ cup mung beans

½ can bamboo shoots

canola/sunflower or safflower oil

salt

½ cup pear or choko chutney: pureed (to use as a dipping sauce if desired)

### **Method:**

#### **Meat**

Heat a fry pan and add the oil

Brown the mince with the garlic and leek

Add the pureed choko, mung beans, bamboo shoots, cabbage/beans and salt

Cook until vegetables have softened

If necessary add a little water to keep it moist

#### **Assembly:**

- Pour some boiling water onto a shallow dinner plate
- Slide a rice paper into the water and count to 20
- Take the rice paper out, now softened, and place on a bench
- Place 3-4 tblsp of the mince mixture at one end of the paper
- Wrap the rice paper around the filling as per the instructions on the rice paper packaging.

#### **Variations:**

Use softened rice vermicelli and bean thread inside the wrap

Cuts vegetables into thin sticks: celery, green beans, shallot, chive, bamboo shoots, mung beans.....stir fry or add raw

Leftover fried rice can be wrapped inside

Use sliced left over meats

