

Vietnamese Spring Roll w/Dipping Sauce



Time: 30-45 minutes

Serves: 4

Ingredients: ½ red pepper, julienned and steamed until tender
1 large carrot, julienned and steamed until tender
½ cup baby spinach, lightly sautéed in olive or coconut oil
3 green onions, sliced on the diagonal (optional)
4 oz [brown rice noodles](#) cooked
Sesame seeds
6 [rice papers](#)

Dipping Sauce

Ingredients: 1 tablespoon [Bragg Liquid Aminos](#) or [Bragg coconut Aminos](#)
1 tablespoon toasted sesame oil
1 tablespoon honey
2-3 tablespoons water to thin

Directions:

Prepare all the ingredients as shown above.

1. Fill a large bowl or pie plate with hot water.
2. Rice paper is delicate and only needs a quick dip in the water until it is soft, approx. 3 seconds.
3. After dipping in water lay rice paper flat on preparation surface and let it sit for 30 seconds to absorb excess water.
4. Sprinkle sesame seeds in the center of the wrap.
5. Lay 1/6th of the brown rice noodles, julienned vegetables, spinach, and green onion in the wrap making sure to leave ample room on each side to easily fold the wrap.
6. Lift the side of the rice paper closest to you and gently pull it forward (away from you) to stretch it over the fillings. Fold the left and right side of the wrap inward, then continue rolling away from you to seal the seam.

Dipping Sauce:

Combine all ingredients in a bowl and whisk vigorously or combine all ingredients in a food processor and pulse. Store extra sauce in the refrigerator. It may thicken when refrigerated but can be softened back into a liquid by placing the container in hot water.