

Spring Rolls with Shrimp or Tofu



Gỏi cuốn are a light, fresh Vietnamese appetizer or snack and making your own at home is easier than you might think. Feel free to customize with your favorite protein, vegetables, and fruit fillings!

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	30 MIN	55 MIN

INGREDIENTS

Fillings:

1 each	Persian Cucumber, julienne (or ½ each English Cucumber)
½ each	Red Bell Pepper, julienne
1/8 each	Red or Green Cabbage, shredded/julienne (or 1 cup Slaw Mix)
½ cup	Carrots, shredded/julienne
1 cup	Mixed Greens, Baby Spinach, or any variety lettuce
½ each	Avocado, thinly sliced
½ each	Mango, thinly sliced (or 1 cup Strawberries, sliced or ½ each Apple, thinly sliced)
10 each	Basil, leaves only, whole or chiffonade
1/8 bunch	Cilantro, leaves only, whole

Protein Options:

4 oz. Shrimp, raw, medium to large, peeled and deveined (about 4-6 shrimp)

OR

½ package Tofu, firm or extra firm
1/8 tsp Kosher Salt
To Taste Black Pepper, ground
1 tsp Olive or Canola Oil

Roll Assembly:

2 oz. Rice Vermicelli Noodles (1 small bundle)
8 each Rice Paper Sheets

DIRECTIONS

1. Gather all necessary equipment and ingredients. Cut all produce as directed above and set aside for assembly.

2. Prepare the Proteins: If using Tofu, drain it from its package and cut the block into plank sized rectangles about 1-inch thick. Press the extra brine from the tofu by placing the planks on a paper-towel lined plate and cover with another layer of paper towels. Place another plate on top. For best results, use a large can or heavy skillet/pot to add weight on top. Set aside for about 5-10 minutes.

3. Season the pressed tofu planks or shrimp with the salt and pepper and heat a medium skillet (non-stick preferred) over medium-high heat. Once hot, add the oil and then the shrimp or tofu in an even layer. Allow to cook until browned on the first side before flipping to brown on the second side, about 4 minutes total for shrimp and 10 minutes total for tofu.

4. Prepare the Noodles: Place the noodles in a medium bowl and bring a pot or kettle of water to a boil. Pour the boiling water over the noodles and allow them to soak until tender, about 1-2 minutes. Use tongs to separate noodles and drain. Rinse with cold water and set aside for assembly.

5. Prepare the Rice Paper: Add warm water to a shallow dish or container large enough to soak one piece of paper at a time. Allow each sheet to soak for about 3-5 seconds, until just pliable, and carefully place it flat on a plate or plastic cutting board (don't use a wood board – it will stick!).

6. Assemble the Spring Rolls: Add the fillings in any combination as desired to the soaked paper, positioning the toppings closest to you with about a 1-inch border. Be careful not to overfill and stack the fillings neatly before rolling. To roll, start with the 1-inch border closest to you and fold it over the fillings, rolling to cover them. Tuck the two sides into the middle and continue to roll away from you until you've created a completely sealed roll.

7. Allow the rolls to sit for about a minute until the wrapper is no longer sticky, but still soft and pliable. If desired, cut the rolls in half and serve with your favorite dipping sauces.

Nutrition Facts	
4 servings per container	
Serving Size	2 Rolls with Shrimp (222 g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 4.5g	6%
Saturated Fat 0g	2%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	15%
Vitamin D 0mcg	0%
Calcium 30mg	3%
Iron 0.67mg	4%
Potassium 300mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
4 servings per container	
Serving Size	2 Rolls with Tofu (243 g)
Amount per serving	
Calories	190
% Daily Value *	
Total Fat 7g	9%
Saturated Fat 1g	4%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	17%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 30mg	3%
Iron 0.67mg	4%
Potassium 300mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

