

Rainbow Spring Rolls with Tofu



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

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 8 SERVINGS	PREP TIME 30 MIN	TOTAL TIME 55 MIN
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INGREDIENTS

Fillings:

1 each	English Cucumber, julienne
1 medium	Red Bell Pepper, julienne
¼ each	Red Cabbage, shredded or julienne
1 medium	Carrots, grated or julienne
2 cups	Mixed Greens or Baby Spinach
1 each	Avocado, thinly sliced
1 each	Mango, thinly sliced
20 each	Basil, leaves only, whole or chiffonade
¼ bunch	Cilantro, leaves only, whole

For the Tofu:

1 package	Tofu, firm or extra firm
¼ tsp	Kosher Salt
To Taste	Black Pepper, ground
1 tsp	Olive or Canola Oil

Roll Assembly:

4 oz	Rice Vermicelli Noodles (2 small bundles)
16 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 Tofu: Drain the tofu from its package and cut the block into plank sized rectangles about 1-inch thick. On a paper-towel lined plate or small sheet tray, press the extra brine from the tofu by placing the planks and cover with another layer of paper towels. Place another plate or tray 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 with the salt and pepper. Heat a medium non-stick skillet over medium-high heat. Once hot, add the oil and then the tofu in an even layer. Allow to cook until browned on the first side before flipping to brown on the second side, about 10 minutes total. Remove the tofu from the pan and place on a paper towel-lined plate to remove oil. Once cooked cut the planks into long strips (3-4 per plank). Set aside.
4. Prepare the Noodles: In a medium bowl, place the noodles. 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 the warmest water tolerable 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

Directions Continued and Nutrition Facts Found on the Reverse Side

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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*: Place the textured side of the paper facing up and add the fillings in any combination as desired to the soaked paper, positioning the toppings about a 1-inch border (either closest to you or furthest away from you; off centered. Be careful not to overfill and stack the fillings neatly before rolling. To roll, start with the 1-inch bordered side and fold it over the fillings, rolling to cover them. Tuck the two sides into the middle and continue to roll, keeping tension on the paper and pulling tightly against the filling 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 (wetting the knife can help cut with less resistance) and serve with your favorite dipping sauces.

Nutrition Facts	
8 servings per container	
Serving size	2 rolls (257g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 40g	15%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.6mg	10%
Potassium 410mg	8%
<small>* 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.</small>	

CONTAINS: SOY

