

Lisa's and Sue's Fresh Spring Rolls

At the "Nurturing Your Whole Self" Fitness and Fashion Show at Joelle's in February 2009, Lisa and Sue created this special recipe and served dozens to the 90 women present at the show. Instead of slicing the roll into sections, keep it whole and pack them for lunch. Once you start making them, you will improvise with the seasonal veggies available throughout the year and create your own flavours!

Ingredients:

1 package rice paper wraps (can be found at Fortino's at the sushi bar)

Veggies

2 red peppers
1 avocado
10 carrots
1 head Boston lettuce
1 bunch cilantro
3 large beets
1 head celery

Marinade (adjust quantities to taste)

2 tbsp curry powder
1 tbsp chilli/garlic sauce
1 tsp sea salt
1 tsp pepper
1 tbsp cumin
2 tbsp sesame oil
2 tbsp soy sauce
2 cloves garlic chopped

Sauce

2 tbsp creamy organic peanut butter
2 tbsp Hoisin sauce

Directions:

1. Blanch the beets and then grate the beets and carrots. Cut the celery and red pepper into matchsticks. Prepare the marinade and add the grated beets and carrots. Allow to sit at least 1 hour, or overnight.
2. Follow the directions on the rice paper wrap package for softening. Across each wrap, lay one Boston lettuce leaf and then arrange width-wise 1 stick of red pepper, 2 sticks of celery, 1 heaping tablespoon each of the grated carrot and beets, 1 stick of the avocado, a few sprigs of cilantro and a drizzle of the sauce (have fun with it, there are no rules!)
3. Follow the directions on this link to roll:

<http://whiteonricecouple.com/blog/spring-rolls-summer-rolls-how-to-roll/roll-fresh-spring-roll-rice-paper/>