The simplest way

...to make tasty summer rolls.

Go for something different in the lunch box and swap a sandwich for a summer roll. These little morsels also make great after school snacks.

Ingredients
The options are endless! A combination containing a few veg (grated carrot, finely sliced cucumber, avocado, snow peas) + noodles (vermicelli, rice stick) + meat (prawns, chicken, pork) + herbs (coriander, mint) works well, wrapped up in rice paper.

Method
Prepare filling.
Soak the rice paper in warm water until just softened. Remove from the bowl and place on a plate.
Divide filling and add each portion of rice paper.
Fold over rice paper and roll up, pressing edge to seal. Repeat with remaining ingredients.
Cut rolls in half and serve with sweet chilli sauce.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.