

Teriyaki Chicken Rice Paper Rolls

Dietary: NF, DF, EF, GF
Allergens: Soy
Age group: 12 months+
Difficulty level: Medium

Serves: 8
Prep: 30 min
Cook: 6-8mins

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Ingredients

TERIYAKI SAUCE

- ¼ 60ml) tamari or low-sodium soy sauce
- 2 tbsp (40ml) raw honey
- 2 tbsp (40ml) rice wine vinegar
- 2-3 tbsp (40-60ml) filtered water
- 1 tbsp (10g) cornflour
- 1 garlic clove (10g), peeled and crushed
- 1 tsp (2.5g) ginger, peeled and finely grated

CHICKEN

- 1 tbsp (20ml) extra virgin olive oil
- 600g chicken breast or thighs, cut into thin strips

HONEY SOY DIPPING SAUCE

- ¼ cup (20ml) tamari or low-sodium soy sauce
- 1 tbsp (20ml) rice wine vinegar
- 1 tsp (5ml) olive oil
- 1-2 tbsp (40ml) raw honey
- ½ tbsp ginger, peeled and grated
- 1 spring onion, rinsed and finely chopped
- 1 lime, juiced

FILLINGS

- 60g vermicelli noodles
- 1 carrot, peeled and cut into thin batons
- 1 cucumber, rinsed and cut into thin batons
- 1 avocado, peeled, cored and sliced
- Fresh coriander, rinsed and chopped
- 8 rice paper wraps

Method

1. To make the teriyaki sauce, add all sauce ingredients to a small bowl and whisk to combine. Set aside.
2. To cook the chicken, heat oil over medium heat in a large frying pan. Add chicken strips and cook for 2-3 mins or until browned from both sides. Set aside.
3. Add teriyaki sauce, stir and let simmer for 2-3 mins until the sauce thickens.
4. To make the honey soy dipping sauce, add all ingredients into a small bowl and whisk to combine. Set aside.
5. Place noodles in a medium-sized bowl and cover with boiling water. Let sit for 10 mins. Drain and set aside.
6. Half-fill a large, shallow bowl with room temperature water.
7. Dip 1 rice paper wrapper in the water. Soak for 10 seconds or until it starts to soften. Remove and allow any excess water to drain. Place onto a damp clean tea towel.
8. Place chicken, 2 carrot strips, 2 cucumber strips, slice of avocado, a small handful of rice noodles and coriander on one edge of the rice paper. Leave about 2 cm at each end (don't overfill or rice paper wrapper will split).
9. Fold the edges in and roll up to enclose the filling. Place the roll, seam side down, on a plate.
10. Continue with the remaining ingredients.
11. Serve with honey soy dip.

Storing leftovers: Store in an airtight container in the fridge for up to 2 days.

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Tips

- ✓ **Prep Tips:** The best tip for successful rice paper rolls is to use cool, room temperature water for dipping. Warm water softens the rice paper too quickly, making them stickier, hard to handle and more prone to breaking. Dip your rice paper wrapper in the water for 10 seconds at most. The rice paper may still feel a little crisp, place onto a damp tea towel and wait a few seconds and it should soften.
Try not to overfill your rolls.
- ✓ **Easy Ingredient Swaps:** Use vegetables of choice for different filling options, such as thinly sliced purple cabbage, steamed broccoli or cauliflower florets etc.
- ✓ **Additional Boosters:** Boost with chia seeds, spinach, lettuce etc.
- ✓ **For Fussy Eaters:** Encourage children to fill and roll their own rice paper rolls.