

Kelp Spring Rolls with Sweet Chili Dipping Sauce



Makes:

12 rolls, 1 roll per serving

Utensil:

Blender

Round Cake Pan (9 inch)

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Recipe:

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Spring Rolls

12 rice paper wrappers

1 head curly lettuce

2 carrots, cut thin, julienne style

1 cup

mung bean sprouts

(124

g)

1 bunch cilantro, finely chopped

1 bunch Thai basil, chopped

1 12-ounce bag kelp noodles (340g)

hot water

Dipping Sauce

$\frac{1}{4}$

cup honey (85 g) 1

tablespoon Sambal chili (17 g) $\frac{1}{2}$

paste

cup almond butter (125 g)

1

lemon, juiced

Directions:

1. Place 1-inch (2.5-cm) hot water in cake pan. Dip rice wrappers, one at a time, in the water for 15 seconds on each side, drain and transfer to a plate.
2. Place a lettuce leaf, carrots, sprouts, basil, and noodles in the center of the rice wrapper.
3. Fold by bringing 2 sides together, then roll up from one of the open sides to form a roll.
4. Repeat until all ingredients have been used up and 12 rolls are formed.

Dipping Sauce

1. In a blender on high speed, blend all ingredients together.
2. Serve with spring rolls.

Nutritional Information per

▼ Serving

Kelp Spring Rolls

Calories: 54

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 31mg

Total 12g

Carbs:

Dietary Fiber: 1g

Sugar: 1g

Protein: 2g

Sweet Chili Dipping Sauce

Calories: 106

Fat: 7g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 48mg

Carbohydrate: 10g

Fiber: 1g

Sugar: 7g

Protein: 2g

Makes 10 servings, approximately 1 ounce each
