

Create Áine Carlin's fabulous Fridge Raid Rolls

With a Kenwood Chef and High Speed Slicer / Grater.



Author of the
'Keep it Vegan'
Recipe Book



Model Shown Chef Titanium + High Speed Slicer / Grater



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Fridge Raid Rolls

Rice rolls are pretty much the perfect vehicle for using up all those odds and ends in your fridge. From carrots to cabbage, cucumbers to peppers, anything goes ... I also like to throw in some chilli flakes for heat and sesame seeds for added texture – not forgetting the all-important dipping sauce too! Half the fun is playing around with whatever ingredients you have to hand. Granted, it might take a bit of practice to get them neat and tidy but once you get the hang of it, you'll be hooked.



Tools: Kenwood Chef and High Speed Slicer / Grater attachment

Ingredients

6 Vietnamese rice wrappers
1 small carrot
1 red pepper
¼ small red cabbage
2 spring onions
½ large cucumber
½ large avocado
Handful of rocket

10g roughly chopped coriander
1 heaped tsp chilli flakes
1 tsp sesame seeds

For the Dipping Sauce

150ml sweet chilli sauce
3 heaped tbsp coconut cream
Juice of 1 lime



Method

Slice the carrot, red cabbage, red pepper, spring onion and cucumber using the Pro Slicer Grater attachment on the Kenwood Chef.

Slice the avocado lengthways using a knife.

Soak the Vietnamese rice wrappers one at a time in a large bowl of cold water for about 30secs and then transfer to a clean chopping board.

Sprinkle the chilli flakes and sesame seeds over the bottom of the rice paper before laying over one avocado slice followed by a small handful of the rocket, sliced veg and finally a pinch or two of coriander. Ensure there is a little room at the bottom and either side.

To roll, fold in the two sides first before carefully folding over the flap nearest to you, tucking it in tightly but without tearing the wrapper. Continue rolling away from you until the roll is completely secure. Repeat process until all the ingredients are used. Best served immediately.

For the dipping sauce, simply place the sweet chilli sauce, coconut cream and lime juice in a bowl and beat vigorously until combined. Alternatively, place the ingredients into a Food Processor and blitz until combined. Serve alongside the rolls.



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