



FRESH SUMMER ROLLS

A TASTY AND EASY SUMMER DISH

Summer is in full swing, which means more refreshing and colorful meals. Here comes a recipe on wild and veggie packed Vietnamese summer rolls served with a peanut sauce. These filling ingredients are flexible. You can use whatever you like, so use more carrot instead of avocado or extra noodles to replace of cabbage. Here's my favourite filling combination.

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Ingredients

For the summer rolls:

- summer roll wrappers (4-6 spring rolls pr. person)
- Duck breast (1/2 pr. person)
- Thin rice noodles
- Cabbage, thinly sliced
- Carrot
- Green onion
- Coriander
- Mango
- Sugar peas
- Peanuts

For the peanut sauce:

- 100 gr peanut butter, unsweetened
- 2 tbsp low sodium soy sauce
- 2 tbsp brown sugar
- 2 tbsp fresh lime juice
- 1 garlic glove, pressed
- 2-4 tbsp water

Method

Preheat oven to 200°C. Score the skin of the duck breast with a sharp knife and season with salt and pepper. Place the breast skin-side down in a non-stick frying pan over a medium-high heat. Cook the duck breast for approximately 4 minutes then turn it over and continue to cook for 2 minutes. Transfer the breast to the oven for another 5 minutes. Take out the meat and let it rest for 10 minutes before serving.

In the meantime, prepare the peanut sauce. Combine all ingredients except water. Wisk until everything is fully combined. Add water, 1 tbsp. at a time, until desired consistency is reached.

Next, prepare all filling ingredients. Finely cut all fresh vegetables and set aside.

When you are ready to eat, dip wrappers in water. It is easiest to have a large shallow dish or pie plate with a bit of water at the table so you can keep preparing the wrappers for the next roll. Place one rice paper at a time in water to soak. Allow it to soak for 10-15 sec. The rice wrapper should feel pretty firm at this point, not totally soaked. Transfer to a cutting board or a plate and add filling. Wrap it by picking up the sides of the summer roll and fold them in over the toppings. Then pick up the edge closest to you and pull it up and snugly over the toppings. Serve with peanut sauce and maybe some soy sauce or sweet chili.

Happy cooking & Bon appétit.