

# Vietnamese rolls with vegetables and prawns

COOKING  
LOVERS TEMA



## Consejo del chef

When rolling the Vietnamese rolls, be sure the edges are closed to keep the filling inside. Serve with sauce and good luck with chopsticks!

## Raciones para 8

12  
Cooked prawns  
50g  
Rice noodles  
1  
Carrot  
1/2  
Zucchini  
2  
Radish  
Fresh spinach  
1  
Cooked beetroot  
8  
Rice paper wrappers  
Extra virgin olive oil  
For the sauce  
1  
Clove of garlic  
5  
Tablespoons of water  
1  
Tablespoon of sugar  
3  
Tablespoons of soy sauce  
1  
Tablespoon of lime juice  
Chopped chilli pepper (optional)

- 1 The sauce will be cooking first so it can be in the refrigerator and cold enough when serving. Mix all the ingredients in a bowl and place it in the fridge.
- 2 Peel the prawns, cut in half lengthways, remove the intestine and set them aside.
- 3 Heat some olive oil in a skillet and sear prawns, both sides.
- 4 Soak noodles in boiling water for four minutes. Drain and save for later. Prepare vegetables and set them aside too. Cut zucchini and carrot into strips. Wash and dry spinach leaves and remove stems. Wash and slice the radishes. Cut the beetroot into strips.
- 5 Hydrate rice paper one by one with a brush soaked with cold water until they are tender (in seconds).
- 6 Fill each one with radish slices, spinach leaves, rice noodles, zucchini, carrot and beetroot strips and two prawn halves.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/rollitos-vietnamitas-de-verduras-y-langostinos/>

