

# Kale Cabbage Blend Spring Rolls with Spicy Peanut Sauce

**Servings**

20 rolls

**Calories**

190

**Prep Time**

5 minutes

**Total Time**

35 minutes

**Skill Level**

Medium

## Ingredients

**For the spring rolls**

8 ounces thin rice noodles

1 (2 pound) bag Mann's Kale Cabbage Blend

½ cup chopped cilantro

½ cup chopped mint

¼ cup seasoned rice vinegar

2 tablespoons toasted sesame oil

Salt and pepper, to taste

2 pounds cooked shrimp, cut in half lengthwise

20 dried rice paper wrappers

**For the peanut sauce**

½ cup creamy peanut butter

½ cup coconut water

1 tablespoon sambal oelek

1 tablespoon Asian fish sauce

2 tablespoons fresh lime juice

1 teaspoon finely grated peeled fresh ginger

1 garlic clove





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## The Method

### For the spring rolls

Cook noodles according to package directions. Drain and chop noodles to about 4 inches long.

In a large mixing bowl, combine the Kale Cabbage Blend, herbs, vinegar and oil. Toss to combine and season to taste with salt and pepper.

Fill a pie pan three-quarters full of warm water. Dip one rice wrapper at a time into the water. Remove to a clean kitchen towel.

Place 2-3 shrimp halves rounded side down onto the wrapper. Top the shrimp with about  $\frac{1}{2}$  cup of the vegetable mixture, then end with some of the rice noodles. Fold bottom of wrapper over filling, pressing tightly, then fold in both sides. Roll up tightly, pressing edge to seal. Repeat with the remaining wrappers, changing the water in the pan if needed.

To serve, cut each wrap in half on the diagonal, with a side of the peanut sauce.

### For the peanut sauce

In a food processor or blender, combine all of the ingredients and puree until smooth.

Recipe makes 20 rolls.

### Nutrition Facts

Serving Size: 135g | Servings: 1 roll

#### Amount Per Serving

Calories 190 | Total Fat 5g (sat g trans 0g) | Cholesterol 85mg | Sodium 330mg | Total Carbohydrate 21g | Dietary Fiber 2g | Sugars 2g (Includes 0g Added Sugars) | Protein 16g | Vitamin D 0% | Calcium 6% | Iron 10% | Potassium 6%