

RECIPE



These Veggie Vietnamese Rolls are a fresh, vibrant, and wholesome dish perfect for any occasion. Packed with colorful vegetables and wrapped in delicate rice paper, they're paired with a creamy, tangy almond butter dipping sauce. This light yet satisfying dish is ideal as a starter, snack, or light meal, bringing a delightful balance of flavors and textures that's sure to impress.

Veggie Vietnamese Rolls with Almond Butter Sauce

Serves 2–3

Ingredients

Rolls:

10 rice paper wrappers

Warm water

1 avocado, sliced

1 cup thinly sliced red cabbage

1 cup julienned carrots

1 cup julienned cucumber

½ cup thinly sliced radish

½ cup cilantro leaves

½ cup mint leaves

Sauce:

1 large or 2 small garlic cloves, minced

2–3 tsp. freshly grated ginger

¾ cup almond butter

Yours to Artful Eating,

Patricia Shani

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- 4 Tbsp. freshly squeezed lime juice
- 2 Tbsp. low-sodium soy sauce or coconut aminos
- 3 tsp. maple syrup
- ¼ tsp. cayenne pepper (optional)
- 4 Tbsp. water (plus more as needed)

Instructions

Prepare the Rolls:

Set up a workstation with all the prepared vegetables and a pan or bowl of warm water.

Dip one rice paper wrapper into the water briefly until just flexible. Lay it flat on a clean surface.

Layer the filling: Start with red cabbage, followed by cucumber, carrots, radish slices, mint leaves, cilantro sprigs, and avocado slices.

Roll up tightly: Fold the bottom of the wrapper over the filling, then fold in the sides, and roll to seal. Repeat for the remaining wrappers and filling.

Place finished rolls on a plate, ensuring they don't stick together. If storing for later, wrap each roll in plastic wrap.

Prepare the Sauce:

In a small bowl, combine almond butter, garlic, ginger, lime juice, soy sauce, maple syrup, cayenne pepper (if using), and water.

Stir vigorously until smooth, adding more water as needed to reach the desired consistency.

Serve:

Arrange the rolls on a platter and serve with the almond butter dipping sauce. Enjoy fresh!

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Health Benefits of this Dish

- **Rich in Antioxidants:** Fresh veggies like red cabbage, carrots, and radishes provide vitamins A and C to boost immunity and fight oxidative stress.
- **Heart-Healthy Fats:** Avocado and almond butter offer monounsaturated fats that support cardiovascular health.
- **Digestive Support:** Mint and cilantro enhance digestion, while fiber from the vegetables promotes gut health.
- **Low-Calorie and Nutrient-Dense:** Perfect for weight management while delivering essential nutrients.
- **Plant-Based Protein:** Almond butter and vegetables provide protein to keep you energized.

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