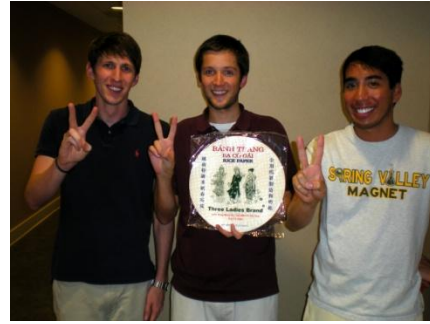


SIMPLE SPRING ROLLS – 30 SERVINGS

5 cups Romaine lettuce
15 sheets rice paper
5 cups pork
5 cups vermicelli rice noodles
60 tbsp/ 1800 g peanut sauce



Peter Green, Thomas Player, Danny Vo

Total: 4854 calories, 264 g Protein, 503.05 g carbs, 194.9 g Fat, 5485 mg Na

Individual Serving: 161.8 calories, 8.8 g protein, 16.77 g carbs, 6.5 g fat, 182.83 mg Na

SIMPLE SPRING ROLLS - 6 Servings

1 cup Romaine lettuce
3 sheets rice paper
1 cup pork
1 cup vermicelli rice noodles
12 tbsp/ 360 g peanut sauce



TOTAL: 970 calories, 53 g protein, 100.01 g carbs, 39 g Fat, 1097 mg Na

Individual Serving: 161.8 calories, 8.8 g protein, 16.77 g carbs, 6.5 g fat, 182.83 mg Na

These spring rolls are very easy to make, and are healthy and delicious. The ingredients are fresh and they provide a taste of Asian culture and can be eaten as an appetizer or entree. They are filling, but not too heavy.

First, boil the pork until well-done, lightly seasoning with salt if desired. Cut up the pork into small strips.

Next, boil the vermicelli rice noodles for about 6 minutes, because they get soft quickly. Boil until relatively soft, but change as desired.

Afterwards, lightly wet the sheets of rice paper with cold water and lay out on a plate/platter. Place the lettuce, noodles, and pork evenly onto the wetted (now flexible) rice sheet. The amount can be modified according to preference. Roll the entire sheet up, repeat.

The peanut sauce may be eaten warm or served cold.

Enjoy the rolls in the peanut sauce.