



## Chinese parcels

# Chinese parcels

These are so easy, and are a novel way of getting friends and family to make their own healthy snacks. Prepare the fillings and leave them to put them all together.

## Ingredients:

- 2 carrots, julienne\*
- 1 celery stick, julienne\*
- ½ red capsicum, julienne\*
- ½ green capsicum, julienne\*
- 1 cup shredded cabbage
- ½ cup spring onions
- 1 ripe avocado, sliced (optional)
- 1 tsp sesame oil
- 2 tsp balsamic vinegar
- 1 tsp chilli sauce (optional)
- 1 packet rice paper

\* julienne = matchstick size

## Directions:

Lay the first 10 ingredients on a platter. Mix the oil, vinegar and sauce and pour over the vegetables.

Find a large bowl that the rice paper will fit into and fill with warm water. Dip each individual rice paper into the water for 10–15 seconds, or until soft. (Don't leave the rice paper in the water for too long or it will dissolve and become difficult to handle.) Remove the paper from the water and lay it flat on a plate. Put your favourite vegetables in the centre of the wrap and fold in the four sides forming a parcel. Cut on an angle through the centre of the parcel to form two halves and serve with sweet chilli sauce or soy sauce.

## Cook's tip:

You could have a range of filling in these parcels. Try a stir-fry with rice noodles and soy sauce, or salad vegetables with prawns.