

RECIPE

Shrimp Spring Rolls with Mango Dipping Sauce

4 servings

Ingredients

For the Mango Dipping Sauce:

- 1/2 cup finely chopped mango
- 2 tablespoons rice wine vinegar
- 1 tablespoon of Asian garlic chili dipping sauce
- 1 teaspoon chopped cilantro
- 1 tablespoon apple juice

For the Spring Rolls:

- 1/2 cup shredded Napa cabbage
- 1/2 cup julienne bok choy
- 1/2 cup julienne carrots
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- 2 tablespoons green onions
- 4 ounce cooked, deveined shrimp
- 1/4 teaspoon sesame oil
- 4 rice paper wrappers
- 20 mint leaves



Directions

- 1. For the Mango Dipping Sauce:** Place the mango, vinegar, chili sauce, and water in a blender and puree. Pour into a bowl and stir in the cilantro.
- 2. For the Spring Rolls:** In mixing bowl combine the cabbage, bok choy, carrots, ginger, garlic, green onions, shrimp and sesame oil.
3. Soak rice paper in bowl of water, just until softened about 1 minute.
4. Lay out rice paper on a cutting board; place 2 mint leaves in the center of the paper. Place 1/4 cup of filling on top of the mint leaves. Turn in sides and roll up like an egg roll.
5. Cut each spring on the diagonal in half. Serving size is 1 spring roll and 2 Tablespoons dipping sauce.

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
88	1	0	12	8	1	219