

PEANUT SUMMER ROLLS

Recipe by Kristen Loudermilk | [@krisdabronxvegan](#)

Yield: Up to 8 Summer Rolls (depending on how much you fill them)

Tools: Mandolin, peeler, or sharp knife

INGREDIENTS

SUMMER ROLL

1 carrot, thinly sliced
1 red pepper, sliced
1 yellow pepper, sliced
1 orange pepper, sliced
1 English cucumber, thinly sliced
1 cup of red cabbage, chopped
1 green onion, chopped

1 pack of rice paper
Nori or seaweed chips (optional)
1 cup uncooked rice or 1 cup of kelp noodles
2 cups water *
1 ½ - 2 tsp. blue spirulina (optional, to color rice blue)

*To color the rice: Mix 1 ½ - 2 tsp of blue spirulina in water.

**Summer rolls can also be filled with any vegetables of choice (the ones chosen here represent the colors of the rainbow); a sweet spring roll can be made using fruits e.g. kiwi, strawberry, mango, and blueberries.

PEANUT SAUCE

1/4 cup of peanut butter (in case of allergies, use any nut butter e.g. sunflower or use tahini)
1 Tbsp soy sauce
1/2 to 1 tsp of chili sauce (or red pepper flakes)

1 Tbsp maple syrup
1 Tbsp lime (or 1 Tbsp rice vinegar)
Warm water to thin sauce
Fresh garlic and ginger for more zest (optional)

(Note: The peanut sauce can also be used on any salad or cooked noodle dish.)

DIRECTIONS

SUMMER ROLLS

1. Bring 2 cups of water to a boil and add a pinch of salt.
2. Rinse rice with water (to get rid of any residue).
3. Lower heat to simmer, add blue spirulina and mix thoroughly (optional); add rinsed rice and cover.
4. Let rice cook according to package directions (approximately 20 minutes); fluff rice with a fork once cooked, then set aside.
5. Use a mandolin or peeler to thinly slice cucumber and carrot, lengthwise. Cut carrots and cucumber in half to shorten (this step can be done while rice is cooking)
6. Thinly slice all vegetables (make sure that there are no curved parts, so that the vegetables will not cut through the rice paper when you roll it).
7. Bring a separate pot of water to a boil (this water will serve to soften the rice paper).
8. Wet the counter or cutting board area with the warm water to prevent the rice paper from sticking.
9. Place one sheet of rice paper into boiling water to soften.
10. Once softened, put the rice paper on a damp area and unfold back into a circle.



DIRECTIONS

SUMMER ROLLS CONT'D

11. Begin layering the vegetables, starting with a small rectangular piece of Nori, then the slices of cucumber, carrot, peppers, red cabbage, and seaweed paper (optional). Top with rice.
12. Fold rice paper on the left and right sides, then grab the rice paper closest to you to roll and seal. Set aside the spring roll to set for a few minutes; then cut down the middle.
13. Repeat steps 7-10 for your remaining rolls.
14. Use green onions as garnish for summer rolls or add them to peanut sauce.

PEANUT SAUCE

1. Mix all ingredients in a small bowl and serve with summer rolls as topping. Enjoy!

