



# MICROGREEN COLD ROLLS

**45 MINUTES**

**MAKES 12 ROLLS**

*Cold rolls are the perfect on the go lunch or snack that you can pack full of healthy, colourful and nutrient dense fruits and vegetables! Try making them as an appetizer at your next party, you can even have your guests build their own.*

## INSTRUCTIONS

Fill a large bowl with hot water. Have all of your ingredients laid out and ready. Place a damp towel down on counter. Do each roll one at a time, wrapping in plastic wrap once completed.

Take one rice paper wrapper and place in large bowl of water completely for 15 seconds, pick up paper and spin in a circular motion with your fingers, lightly pinching the paper and rotating through the water for an additional 10-15 seconds until it feels soft and pliable.

Place wrapper on damp towel and start to layer ingredients, leaving about 1" of room along entire perimeter. If paper starts to curl or stick to itself, lightly wet fingers and dampen.

Start with micro greens, then herbs (ex. Mint, Basil or Cilantro), top with 4-6 matchsticks of your choice (we used Red Pepper, Orange Pepper, Yellow Pepper, Cucumber), add small amount of protein if desired, top with a small handful of noodles.

Fold in left and right-hand side, gently pushing to adhere. Starting at bottom, roll tightly, all the way around, wrapping rice paper under ingredients as you would a burrito, and ensure last edge seals to roll. Wrap tightly in plastic wrap and repeat process until all 12 rolls are formed. Leave wraps tightly rolled until ready to eat.

Enjoy within 24 hours!

### Peanut Dipping Sauce:

Whisk together all ingredients excluding water. Add 1 Tbsp of water at a time and whisk until desired consistency is reached.

## INGREDIENTS

### Cold Rolls:

1 Package of Goodleaf Microgreens (any)

12 8" (or similar) Rice Paper Wrappers

1/3 Package (~150g) of Rice Vermicelli Noodles, cooked, run under cold water, drained

1 Cup of Fruits & Vegetables, cut into matchsticks

1/4 Cup of Fresh Herbs, picked from stem

**Optional:** Add Cooked Shrimp or Chicken

### Peanut Dipping Sauce:

3 Heaping Tbsp of Peanut Butter

1 Tbsp of Rice Wine Vinegar

1 Tbsp of Honey

1 Tbsp of Soy Sauce

1 Tbsp of Hoisin Sauce

1 Tbsp of Sriracha (optional)

Water



*Vertically Farmed. Straight-up Good.™*