



Semarang Spring Roll

by Gusti Nyoman Kaler and Noldy Herling
Bawiling, Kintamani Restaurant

INGREDIENTS

Popiah skin	10 pcs
Bamboo shoot, sliced thinly	50gm
Carrot	50gm
Bean sprouts	25gm
Long beans, sliced	25gm
Oyster sauce	1 tbsp
Chilli sauce	2 tbsp
White sesame oil	1 tbsp
Maggi Sweet and Sour Mix	1 tbsp
Garlic, chopped	1 tbsp
Salt	1/4 tsp
Pepper	1/4 tsp

METHOD OF PREPARATION

1. Heat sesame oil and add garlic. Sauté until fragrant then add all vegetables and oyster sauce.
2. Add salt & pepper to taste.
3. Put aside to cool.
4. Layer the popiah skin on the plate and put cooked vegetables in the middle and roll.
5. Mix chilli sauce with Maggi Sweet and Sour Mix.
6. Serve popiah with sauce.

HOT TIPS

- ▼ Cook and serve vegetables just before eating to retain maximum nutrient value.
- ▼ Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- ▼ Fruit and vegetables are low in sodium and high in potassium. This helps to maintain a healthy blood pressure.

This dish provides a good serving of vegetables. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances, e.g., carotenoids and flavonoids) that help to lower the risk for some cancers.

NUTRITION INFORMATION per roll:

Energy	54 Kcal
Carbohydrate	8g
Protein	1g
Fat	2g
Saturated fat	0.3g
Cholesterol	0mg
Dietary fibre	0.5g
Sodium	173mg
Carbohydrate Exchanges	= ~ 0.5

ON A ROLL



Vietnamese Rice Paper Roll

by Clair Ong

INGREDIENTS

Rice paper sheets	9 pcs
Medium prawns	9 pcs
Japanese cucumber	1
Carrot	1/2
Bean sprouts	150g
Dried black fungus	50g
Chopped peanuts	1/2 cup
Spring onion	1 stalk
Coriander leaves	1 stalk
Vermicelli	(optional)
Basil or mint leaves	(optional)

Peanut sauce:

Peanut butter	3 tbsp
Hoisin sauce	2 tbsp
Lime juice	1 tsp

METHOD OF PREPARATION

1. Blanche bean sprouts. Do not overcook.
2. Boil vermicelli. Drain and rinse with cold water.
3. Boil prawns till cooked. Drain and rinse with cold water. Peel, devein and cut lengthwise into half.
4. Shred cucumber & carrot.
5. Dip rice paper in water (cold or warm, or according to instructions on the pack) for 20 to 30 seconds. Gently remove sheet from water and drain on paper towel. Place sheet on a clean work surface.
6. Layer the filling: prawn slices, dried black fungus, cucumber, carrot, bean sprouts, spring onion, coriander leaves and peanuts.
7. Fold in from the sides and then from the top. Roll up firmly to enclose filling.
8. Serve as a snack or side dish.

NUTRITION INFORMATION per roll:

Energy	75 Kcal
Carbohydrate	8g
Protein	4g
Fat	3g
Saturated fat	0.5g
Cholesterol	10mg
Dietary fibre	3.2g
Sodium	262mg
Carbohydrate Exchanges	= ~ 0.5

HOT TIPS

- ▼ Try different dipping sauces such as sweet-salty-spicy-sour Nuoc Cham sauce which is a combination of fish sauce, lime juice, brown sugar, chopped garlic and red chilli.
- ▼ This dish can also be eaten for lunch or dinner. Add meat such as chicken, duck, pork, or beef instead of prawns.