

Fresh Vietnamese Spring Rolls

with Pea Shoots, Shrimp and Ponzu Sauce

Pea sprouts add a delightful twist to these light and healthful treats. If pea shoots are unavailable, use thinly sliced snow peas instead.

Fresh & Seasonal Ingredients:

- o 1 lime, peeled and separated into segments
- o 1 tablespoon low-sodium soy sauce
- o 1 teaspoon Asian fish sauce, optional*
- o ½ pound fresh pea shoots, washed & spun or patted dry
- o 1 red pepper, seeded and cut in thin strips lengthwise
- o 1 large carrot, shredded

- o 4 tablespoons cilantro leaves
- o 4 tablespoons thinly sliced basil leaves

Fridge & Pantry Items

- o 8 jumbo shrimp, peeled & deveined, steamed & cut in half lengthwise
- o 1 teaspoon honey
- o Salt and freshly ground black pepper
- o 8 rice paper wrappers (6-8 inch)*

In a medium bowl, combine lime segments, soy sauce and honey; mix together with a fork, breaking up lime segments. Add pea sprouts and salt and pepper to taste and toss.

Dip rice papers in warm water and line up on a clean counter or work surface until pliable (approximately 1-2 minutes).

To assemble: On each rice paper, place pea sprout mixture on bottom 1/3 of rice paper. Place two halves of shrimp along the top edge of the mixture; place shredded carrots, two red pepper strips, some cilantro and basil in rows above the shrimp until about ½ way up the rice paper. Bring the bottom of the wrapper up over the pea sprouts; roll gently but tightly until completely rolled. Place the spring roll seam-side down on a cutting board. Allow to sit for 2 to 3 minutes before serving to allow the roll to tighten up slightly around the filling.

To serve: Cut rolls in half on a diagonal, serve with Ponzu dipping sauce (recipe follows).

Ponzu Dipping Sauce

Fresh citrus juice is critical to this refreshing sauce

- ½ lime, juiced
- ½ lemon, juiced
- 1 teaspoon sugar
- 1 teaspoon Asian fish sauce* (or substitute w/ 1 teaspoon soy sauce)
- 1 small dried hot red pepper, crushed (or 1 tsp. ground cayenne pepper), optional
- 2 tablespoons mirin* (sweet Asian cooking wine)
- 1 tablespoon fresh-squeezed orange juice
- 1½ teaspoons dark soy sauce*

- o Combine ingredients and mix well.
- o Divide into small dipping bowls.

Serves 8 as an appetizer

**available in the Asian section of most grocery stores*