

Fresh Spring Rolls

You find these at the sushi counter at Zehrs. Here they are for a fraction of the cost.



Ingredients:

- Thin slices of smoked salmon (you can get these great little “sleeves” of smoked salmon (70g) at Zehrs for only \$1.89.
- Zucchini (or carrot – which I don’t like...so I substituted with zucchini) – peeled and julienned – like in this picture
- English cucumber – peeled and julienned
- Romaine lettuce – or spring mix (my preference). If you’re using Romaine – slice off any stem...just use the leafy part
- Avocado (sliced into cigarette-sized pieces)



Soften a piece of rice paper, in hot water, for about 5 seconds.
With tongs, lay it out on a working surface.

When laying your food on the rice paper – keep about an inch away from the edges (all edges).

Place a piece of thinly-sliced smoked salmon (I use a piece approx 1” x 5”) near the bottom (your end) of the rice circle. (You can tell the positioning by *this* picture).



Place some julienned zucchini and cucumber across the salmon.

Place your avocado across this.

Now place some lettuce across everything. (The order of all this food doesn’t matter a bit – whatever makes it easiest for you to keep it together while you’re rolling it up).

Roll (away from you) one revolution (a little more than shown in the picture (with the hand)).

Now tuck in the sides (that’s why you needed to leave an inch “empty”).

Finishing rolling.

Cut in half – on a diagonal angle.

Dip in your favourite sauce (or not!) – and enjoy. Healthy and de-licious.