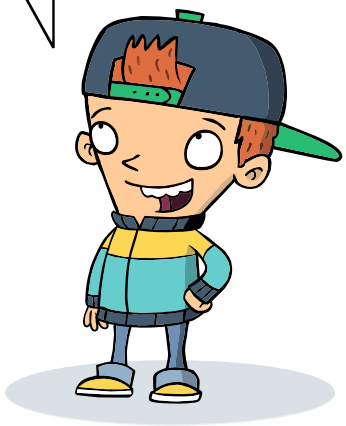
SHOPPING LIST

Shrimp Spring Rolls

- [ ] Low-Sodium Soy Sauce
- [ ] Fresh Ginger
- [ ] Mint Leaves
- [ ] Cilantro Leaves
- [ ] Thin Asian Rice Noodles
- [ ] Rice Paper Spring Roll Wrappers
- [ ] Carrot
- [ ] Shrimp

First, check off the items you already have at home.



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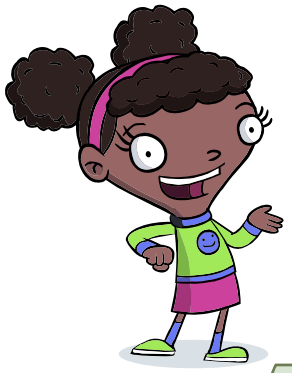
Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Shrimp Spring Rolls



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
NO	Under 30 min.	Medium	

YOU WILL NEED

- **¼ cup** low sodium soy sauce
- **2 teaspoons** minced fresh ginger
- **¼ cup** packed mint leaves, very coarsely chopped
- **¼ cup** packed cilantro leaves, very coarsely chopped
- **4 ounces** thin Asian rice noodles (Rice Vermicelli)
- **12** (9-inch) rice paper spring roll wrappers (x 12)
- **1** large carrot, grated on large holes of box grater (about ½ cup)
- **36** each cooked peeled and deveined 51/60 shrimp (about 8 ounces) (x 36)

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

"51/60" means that there are approximately 51 to 60 individual shrimp per pound. Larger shrimp may be used, but they may need to be split in half lengthwise accordingly.

STEP 1: Combine the soy sauce and ginger in a small bowl and set aside. Mix the herbs together in another small bowl and set aside. Cook the rice noodles in a pot of boiling water until tender, then drain thoroughly. You should have about 1 ½ cups of cooked noodles.

STEP 2: Fill a large bowl with hot tap water. Working one at a time, submerge a spring roll wrapper in the water for 3 seconds, or until thoroughly wet. Transfer the wrapper to a cutting board and lay it flat (the wrapper will soften as it sits). Working in the lower third of the wrapper, sprinkle about 2 teaspoons of the herb mixture on the wrapper, leaving a 1-inch edge on either side. Add about 2 teaspoons of grated carrot, followed by about 2 tablespoons of noodles, and finally 3 individual shrimp. Drizzle the filling with 1 teaspoon of the soy mixture.

STEP 3: Fold the bottom of the wrapper over the filling once, then fold the sides over so they enclose the ends. Finally roll the spring roll the rest of the way up, and transfer to a platter, seam side down, and cover with plastic wrap while repeating with the remaining wrappers and ingredients. Serve.

Nutrition Facts

Serving Size 1 spring roll (53g)
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 200mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 7g	

Vitamin A 25% • Vitamin C 4%
Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4