

Spring Rolls with Shrimp and a Spicy Almond Sauce

Ingredients

6 rice paper or 8 wonton wrappers

1 T olive oil

12 oz shrimp (raw)

½ tsp sea salt

¼ tsp black pepper

1 cucumber, sliced thin

3 carrots, julienned

6 butter lettuce or napa cabbage

12 mint leaves or cilantro

Sauce

2 T almond butter or walnut butter

2 T hoisin sauce

1 tsp sriracha

1 tsp rice wine vinegar

Instructions

- Heat skillet with medium-high heat and add in olive oil and shrimp. Season with salt and pepper. When shrimp turns pink and curls it is fully cooked. Remove from heat and let cool
- Take rice paper and dip into warm water for 5-10 seconds until it is fully wet and pliable. Place on flat on clean cutting board.
- Start with placing sliced cucumber, carrots, butter lettuce, and herb at the bottom of the spring roll. Then place about 4-5 shrimp on top.



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COOKING FOR WELLNESS

- Start to roll- tuck the bottom over the stuffing and roll. Then take both sides and fold inward. Continue to roll up completely.
- Repeat steps to complete all rolls

Spicy Almond Sauce

Combine nut butter, hoisin sauce, sriracha, and rice wine vinegar into a small bowl. Wisk together into a smooth texture.

Nutrition Information: 6 servings, 1 spring roll with sauce

105 calories, 7 g carb, 4 g fat, 10 g protein, 277 mg sodium

Adapted from A Sweet Pea Chef: <https://www.asweetpeachef.com/healthy-spring-roll-recipes/#wprm-recipe-container-27724>



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