Makes 16 Shrimp Rolls

INGREDIENTS

2 cups (500 ml) loosely packed
Eatmore Sprouts Alfalfa Sprouts
(approx. 1 package)

1 quart (1L) water

1 lb. (454g) uncooked shrimp peeled,
deveined, and tails removed*

½ tbsp. (225ml) rice vinegar

½ tsp. (25ml) granulated sugar

1 tsp. (5ml) fish sauce

Juice of ½ a lime

1 small cucumber, julienned

1 cup (250ml) red cabbage, shredded

4 ounces (114g) dried vermicelli
noodles

16 rice paper wrappers

30 basil, mint and cilantro leaves

*can substitute with chicken, tuna, salmon, or
other meat of your choice

Eatmore Shrimp Roll

nut free

- Prepare ice bath.

- In a medium saucepan, bring water to a boil, add shrimp and cook for
  1 minute.

- Transfer shrimp to the ice bath with a slotted spoon while reserving the
  cooking liquid. Let the shrimp sit in the ice bath for 2 minutes then drain
  and butterfly through the back.

- Whisk vinegar, sugar, fish sauce, and lime juice together in a large bowl.

- Add the **Alfalfa Sprouts**, cucumber, carrot, cabbage, and herbs to the sauce
  and set aside.

- Return the pan of cooking liquid used for the shrimp to a boil.

- Turn off the heat, add noodles, let sit until tender (5 minutes). Drain
  noodles.

- Fill a pie plate halfway with room-temperature water.

- Immerse 1 rice paper wrapper in the pie plate until it softens, (20 seconds).

- Use both hands to pull the rice paper wrapper out of the water and lay flat
  on a clean work surface.

- Place herbs, slightly to the left of center, on the rice paper wrapper.

- Add 3 pieces of shrimp, cut-side up, on the herbs.

- Fill evenly with ¼ cup (60ml) of the vegetable mix and 1 small handful of
  noodles.

- Fold the top and bottom over the filling. Fold the left side over the shrimp
  and continue rolling tightly to the right until closed.

- Place on a baking sheet, seam-side down, and cover with a damp towel.

- Repeat until finished.

Eatmore Sprouts & Greens can be found in the produce
section of your local grocery store or at www.eatmoresprouts.com

By Hilary Malone of Sea Salt Food Co: www.seasaltfoodco.com