

PREPARATION: 30 MINUTES

COOKING: 5 MINUTES

2 SERVINGS

SHRIMP SPRING ROLLS

INGREDIENTS

SAUCE

¼ cup crushed pineapple

¼ cup pineapple juice

¼ teaspoon chili flakes

½ teaspoon cornstarch

1 tablespoon rice wine vinegar

SPRING ROLLS

1 cup rice vermicelli, cooked

1 teaspoon canola oil

4 leaves, leaf lettuce, spine removed

4 rice paper spring roll wrappers, 9"

12 large cooked shrimp, peeled, deveined (31–40 count)

½ cup red cabbage, shredded

8 mint leaves



Nutrient Analysis

PER SERVING:

2 Spring Rolls

RENAL EXCHANGE:

2 Protein + 2 Starch + 1 Vegetable

Calories **280Kcal**

Protein **13g**

Carbohydrates **49g**

Fibre **2g**

Total Fat **3g**

Saturated Fat **0.4g**

Cholesterol **101mg**

Sodium **345mg**

Potassium **202mg**

Phosphorus **135mg**

PREPARATION

SAUCE

- 1 Drain crushed pineapple and reserve the juice.
- 2 To a small sauce pan over high heat, add pineapple juice, crushed pineapple and chili flakes. Bring to a simmer.
- 3 In a small mixing bowl, add cornstarch and rice wine vinegar. Mix well to combine.
- 4 Add cornstarch slurry to hot pineapple mixture. Cook 1 minute, until sauce is thickened.
- 5 Remove from heat. Refrigerate.

SPRING ROLLS

- 1 Bring a medium saucepan of water to a boil. Cook rice vermicelli for 1–2 minutes, or until al dente. Drain. Rinse with cold water. Toss with oil.
- 2 Place vermicelli in the center of each lettuce leaf. Roll tight like a burrito.
- 3 Fill a large bowl with hot water. Place one spring roll wrapper into hot water until soft and pliable (10 to 15 seconds).
- 4 Remove wrapper and blot on a clean tea towel. Lay wrapper flat.
- 5 To build the shrimp spring rolls, place the lettuce-vermicelli package in the center of the wrapper, leaving about 2 inches uncovered on each side. Behind the lettuce-vermicelli package, layer the shrimp, shredded cabbage and mint leaves.
- 6 Fold wrapper sides inward, and then tightly roll the wrapper over the lettuce-vermicelli package. Continue to roll over the shrimp and shredded cabbage until tightly rolled and sealed.
- 7 Serve shrimp spring rolls with pineapple-chili sauce.

Note: The ingredients were layered in this manner to showcase the shrimp but you can layer them in any order.