

Recipe from [ThisVeganGirl.com](http://ThisVeganGirl.com)

# Spring Rolls

Prep Time: 20 minutes

Yield: 8 spring rolls

## INGREDIENTS

### Spring Rolls:

- a package of rice paper / spring roll paper (*found in the International aisle or Asian section of your grocery store*)
- nori sheets (*found in the International aisle or sushi-wrapping section of your grocery store*)
- 1/2 large cucumber, cut into strips
- 2 carrots, skinned and cut into strips
- 1-2 hass avocados, cut into strips
- 5-10 green onions, cut in half to shorten length
- one bunch of sprouts or frisée
- 8 romaine lettuce or cabbage leaves, cutting out thick ribs
- vegan cream cheese (*optional*)
- sesame seeds (*as garnish*)

### Dipping Sauce:

- 6 tablespoons Tamari or soy sauce
- 1 large garlic clove, minced
- 1/2 teaspoon Wasabi powder

**Step 1: Prepare the veggies.** For the nori flakes, I take a package of nori sheets, put it in a blender/food processor, and blend until the nori is milled. These flakes make a great seasoning! Cut your cucumbers, carrots, and avocados into 3-4 inch (7-10 cm) strips. The green onions can stay intact. Cut out the thick ribs from the lettuce; if you leave them in, your roll might look like it has weird bones sticking out of the sides, making it harder to assemble.

**Step 2: Assemble the spring rolls.** Have an assembly station ready: rice paper, a large bowl or pie pan filled with warm water, a plate for creating/rolling the wraps, and a plate to place your rolls when they are done. When ready, place a sheet of rice paper in the warm water for 10 seconds. The paper will start to soften. Next, place the softened rice paper on the assembly plate. In the middle of the paper, spread your cream cheese (*optional*), sprinkle a pinchful of nori flakes, and place on your cucumbers, carrots, green onion, avocado, and sprouts. As for the lettuce, if you are using romaine, try to compact it on top of your veggies as much as possible to make rolling easier. Roll your spring roll like a wrap; take a horizontal edge and wrap it around the vegetables, fold the sides in, and continue to wrap until everything is secure. I always thought rice paper would be delicate, but it actually can take a slight beating. Rice paper is clumsy finger approved! You can choose to cut them in half to see the beautiful contents in the middle, or leave them whole for easier eating. Tip: The rice paper should be wet, yet sticky. If it takes more than a minute to assemble your roll, you'll find that your rice paper will start to become DRY and sticky, which makes it impossible to wrap. In other words, don't drag your ass!

### **Step 3: Make the dipping sauce.**

I find a lot of Asian sauces to be too much, so I make something simple: Wasabi powder, minced garlic, and Tamari (or soy sauce). Whisk together and place in a bowl.

### **Step 4: Garnish and enjoy!**