Mmmmh!

Grilled chicken spring rolls & crunchy fennel

Ingredients

For 10 rolls
- ½ fennel bulb, finely chopped
- 1 carrot, grated
- ½ cucumber, cut into thin sticks
- 50 g baby greens (spinach, arugula, or mixed)
- ½ avocado, sliced (optional)
- ½ bunch mint
- ½ bunch cilantro
- 50 g bean sprouts or radish sprouts
- 80 g cooked whole grain or semi-whole grain rice vermicelli (or fine quinoa for a variation)
- 10 rice sheets for rolling

- 2 chicken breasts (approx. 250 g), grilled, marinated if possible

Quick marinade: Soy sauce, lime, ginger, garlic, honey, or maple syrup

Sauce:
- 2 tablespoons peanut butter (or tahini for a change)
- 1 tablespoon soy sauce
- 1 tablespoon lime juice or rice vinegar
- 1 teaspoon honey or maple syrup
- 1 teaspoon grated fresh ginger
- 2 tablespoons water to thin
- A drizzle of toasted sesame oil (optional but delicious)

Persons: 10

Cooking time: 20 min.

Preparation time: 45 min.

Specific equipment

- Cast iron grill
- Japanese mandoline slicer
- 4-sided grater

Instructions

- Cook the chicken: grill it in a pan, under the broiler, or in the oven after marinating it, then cut it into thin strips.

- Prepare the vegetables: cut everything finely to make it easier to roll and keep them crisp.

- Rehydrate the rice paper: soak them one by one in warm water for 10 to 15 seconds, then place them on a clean dish towel.

- Assemble the rolls: place a little vermicelli, assorted vegetables, herbs, and a few slices of chicken in the center. Fold the edges, then roll tightly. Repeat for each roll.

- Serve with the sauce on the side or poured over the roll, according to your preference.

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