



Mmmmmh!

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

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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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