

# Vegetarian spicy lentil spring rolls

If you ever want to prepare some light snacks for a hiking trip, a summer picnic, or any other outdoor activities, these lentil spring rolls will fit perfectly as a mini-meal in your lunch box.

Preparation time: **20 min** + Cooking time: **10 min** = Total time: **30 min**

Serves 3 people.

10	Sheets of rice paper wraps
200g	Dried lentils
1	Bell pepper, corned and diced
1	Carrot, julienned
1 Handful	Bean sprouts
2 tb	Pistachio paste
1/2 tb	Ginger paste
6	Stalks of flat-leaf parsley, finely chopped
	Thai sweet chili sauce, to dip
	Salt
	Pepper
	Sesame oil



## Simple Steps to Succeed

1. Cook lentils. Add around 600ml water, combined with dried lentils to a sauce pan. Bring to boil for around 5 mins with high heat, then lower the heat and continue boiling for another 5 to 7 mins, until the cooked lentils double in size and become softer and tender. Add a pinch of salt after cooking.
2. Bring a frying pan to medium-high heat, drizzle with sesame oil, toss all the veggies(carrots, bell pepper, parsley, bean sprouts) and cooked lentils inside, sauté for a few minutes until they're well-combined and cooked, add ginger paste and pistachio paste into the pan at the end, season with salt and pepper. Turn the heat off and set it aside.
3. Set up your roll workplace. You'll need a soup plate, filled with warm water, a clean dry surface (Either simply use the table or a large wooden chopping board, or a flat plate) and a dry towel to work on.
4. Soak every sheet of rice paper (One at a time.) in the warm water and wait for about one minute until it turns transparent and super soft, gently hold the paper all the time to avoid the paper curling up. Lay the wet sheet on the towel, take one or two spoons of mixed ingredients in the frying pan and lay it down to the center of the wet paper wrap, wrap them up like a burrito, flip the whole spring roll over so that the folded part is hidden underneath.
5. Sprinkle more chopped parsley on top, serve with sweet chili sauce, or any other dipping sauce of your choice.