

## Poached Chicken rice paper rolls



### Ingredients

1.25L (5 cups) water  
1-teaspoon salt  
1 brown onion, halved  
1 teaspoon black peppercorns  
2 single chicken breast fillets  
8 rice paper sheets  
1/2 cup Vietnamese (or other) mint leaves  
100g bean shoot sprouts, trimmed  
8 baby cos lettuce leaves

Bottle of Hoi Sin Sauce

### Method

Place water, onion, salt and peppercorns in a saucepan. Bring to the boil over high heat. Add chicken breast sliced into strips. Cover. Set aside for 30 minutes to poach. Remove chicken and set aside to cool. Once cooled, shred chicken with fingers. Dip 1 rice paper sheet into warm water for 30 seconds or until it softens. Arrange chicken along one centre, towards the bottom, leaving a 2cm border at bottom. Top with mint, beanshoots, shredded lettuce leaf and a smear of Hoi Sin sauce. Roll up to enclose. Cut in halve and arrange on a plate.

Repeat with the remaining ingredients.



### Healthier choices...

This recipe is a healthy choice for my family as it is low in fat, and high in protein. You can also substitute any of the ingredients for other things you like to eat – like chicken for salmon etc, and if you are vegetarian, you can leave the chicken out or replace it with Bean curd.

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