**FRESH VEGETABLE AND HERB RICE PAPER ROLLS**

This recipe was used by 2B when cooking in the Ashbury Community Garden "Kitchen Garden" with Jo Ann Calabria and parent helpers in May 2013.

1 cup bean sprouts  
1 cup grated carrot  
1 cup chopped cucumbers  
1 cup corn kernels  
fresh mint, basil and coriander leaves  
22cm rice paper rounds  

**Lime sesame dipping sauce**  
1 lime, juiced  
1 tablespoon sesame oil  
2 tablespoons soy sauce

1. Pull herb leaves from stems and wash.  
2. Trim bean sprouts.  
3. Place carrot, corn and cucumber in large bowl.  
4. Add the bean sprouts. Stir to mix.  
5. Place a rice paper round in a medium bowl of lukewarm water for 15 seconds, or until just soft.  
6. Place on a clean tea towel or paper towel. Put a little vegetable mixture along the centre of rice paper round.  
7. Fold ends in, and roll up firmly to enclose filling.  
8. Repeat with remaining rice paper rounds and filling.  
9. Combine soy and sesame oil and juice lime for dipping sauce.  

**Rice Paper Wrappers**  
They are very thin dried sheets made from rice flour and water; they will often have a slight imprint of the bamboo trays they have been dried on.  
To use them dip each briefly in warm water to soften them, making them flexible.  
They can be filled and rolled and eaten fresh or filled and stored in the refrigerator for later use for up to two or three hours.  
Cover them with a damp clean tea towel to stop them drying out.

**2B recount of their time in the Kitchen Garden**

Firstly we went down to the activity area. Next we made banana ice cream and we got to taste it. Then we got split into three groups. Each group made different foods. One of the groups made French Toast.  
Firstly the group that made French toast went into the garden to collect some eggs from the chickens. When they got back they cracked the eggs in a bowl and mixed them with butter to make a mix. After that they cut some bread and dipped it into the mix.  
Meanwhile the rice paper roll group were in the garden collecting some herbs. Then the rice paper roll group mixed the herbs up in a bowl. After they mixed the ingredients in the bowl they got the rice paper rolls out of the bag and dipped them in water. Next they took the rice paper rolls out of the water and put the herbs in them. Then they made a sauce with soy sauce, lime and sesame oil.

At the same time the French toast group were putting the toast on the stove. In a little while they were ready. Finally we got to eat the food. It was delicious!

By Finn and Sophie, 2B  

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