



CHICKEN & MANGO SUMMER ROLLS

Ingredients:

- 500G CHICKEN BREAST
- OLIVE OIL
- 1 MANGO
- 1 CARROT
- 10 ROMAINE LETTUCE LEAVES
- 10 RICE PAPER SHEETS
- 20G VERMICELLI (2 PORTIONS)
- 1 BUNCH CORIANDER
- DIPPING SAUCE OF CHOICE

Method

- WASH AND DRY LETTUCE LEAVES AND CORIANDER.
- GRATE CARROT & THE CUT MANGO INTO THIN STRIPS.
- COOK VERMICELLI ACCORDING TO PACKAGE INSTRUCTIONS. DRAIN AND LET COOL.
- HEAT UP OLIVE OIL IN A NON-STICK SKILLET OVER MEDIUM HEAT. SEAR CHICKEN FOR 5-7 MINUTES ON EACH SIDE OR UNTIL COOKED THROUGH. SEASON WITH SALT AND PEPPER TO TASTE. LET COOL SLIGHTLY THEN SLICE INTO THIN STRIPS.
- FILL A PLATE OR A SHALLOW BOWL WITH WARM WATER. TAKE A SHEET OF RICE PAPER AND SUBMERGE IT IN THE WATER FOR 2-3 SECONDS TO SOFTEN IT. PLACE ON RICE PAPER CORIANDER (CILANTRO), CHICKEN, LETTUCE, CARROT, MANGO, AND VERMICELLI.
- FOLD THE LEFT AND RIGHT SIDES OF RICE PAPER IN, THEN ROLL FIRMLY FROM THE BOTTOM UPWARDS AND SEAL THE ROLL..

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Nutritional Information

CHICKEN - CHICKEN IS HIGHLY NUTRITIOUS AND A GOOD SOURCE OF PROTEIN. ADDING CHICKEN TO YOUR DIET MAY HELP SUPPORT WEIGHT LOSS, MUSCLE GROWTH, AND BONE HEALTH.

MANGO - MANGOES CONTAIN HIGH LEVEL OF VITAMIN C, FIBRE AND PECTIN MAKING IT A PERFECT FRUIT THAT HELPS IN CONTROLLING HIGH CHOLESTEROL LEVEL. ANOTHER BENEFIT OF EATING MANGOES IS THAT IT CLEANSSES YOUR SKIN FROM DEEP INSIDE YOUR BODY.

CARROT - CARROTS ARE A PARTICULARLY GOOD SOURCE OF BETA CAROTENE, FIBER, VITAMIN K1, POTASSIUM, AND ANTIOXIDANTS (1). THEY ALSO HAVE A NUMBER OF HEALTH BENEFITS. THEY'RE A WEIGHT-LOSS-FRIENDLY FOOD AND HAVE BEEN LINKED TO LOWER CHOLESTEROL LEVELS AND IMPROVED EYE HEALTH.

LETTUCE - AS A VEGETABLE, LETTUCE PROVIDES FIBRE, VITAMINS, MINERALS AND PHYTOCHEMICALS FOR VERY, VERY FEW CALORIES. WITH RESPECT TO VITAMINS, LETTUCE IS A SOURCE OF FOLATE, A B VITAMIN NEEDED TO MAKE AND REPAIR DNA IN CELLS, AND VITAMIN K, A NUTRIENT LINKED TO HEALTHY BONES.

VERMICELLI - VERMICELLI NOODLES ARE A GREAT SOURCE OF CARBOHYDRATES, CONTAIN NO CHOLESTEROL, AND HAVE A VERY SMALL AMOUNT OF FAT.

CORIANDER -CORIANDER IS A FRAGRANT, ANTIOXIDANT-RICH HERB THAT HAS MANY CULINARY USES AND HEALTH BENEFITS. IT MAY HELP LOWER YOUR BLOOD SUGAR, FIGHT INFECTIONS, AND PROMOTE HEART, BRAIN, SKIN, AND DIGESTIVE HEALTH.