**Fresh Avocado Spring Rolls with Sweet Thai Dipping Sauce**

Cookery principle: a healthy appetizer from Thailand

Ingredients:

**Rolls**

 40 g rice vermicelli noodles

 ½ carrot – shredded

 75 mL julienne cucumber, red pepper, green onion

 25 mL lightly packed fresh cilantro, chopped

10 mL mint, chopped

 15 mL seasoned rice vinegar

 5 mL fish sauce

½ avocado

 6 rice-paper wrappers (21 cm round)

**Sweet Thai Dipping Sauce or Asian Dipping Sauce**

 60 mL sugar 45 ml soy sauce

 30 mL cider vinegar 15 mL red wine vinegar

 30 mL water 2 mL sesame oil

 1 clove garlic – minced 1 green onion, minced

1 mL pepper flakes 5 mL minced fresh ginger

 ½ garlic

 Dash salt

Procedure:

Sweet Thai Dipping Sauce

1. In a small saucepan, bring sugar, vinegar, water, garlic, flakes, and salt to a boil.

2. Reduce heat and simmer until reduced. (about 5 to 10 minutes)

Asian Dipping Sauce

1.In a small bowl combine all ingredients. Let sit and strain before using.

Rolls

1. In large bowl, cover noodles with boiling water. Let stand until softened, about 10 minutes. Drain and chill under cold water. Return to bowl.

2. Add mint, cilantro, fish sauce and vinegar to noodles.

3. Prepare carrots, cucumber, green onion and avocado.

4. Bring a fry pan of water to a boil. Turn down to simmer. Dip each rice-paper wrapper into water until pliable, 5 to 10 seconds. Pat dry on towel. Assemble as shown.