

Foodnity Recipes

Vietnamese Summer Rolls With Chicken

20 min Prep time	**12 min** Cook time	**32 min** Total time
4 Servings	**Easy** Difficulty	**Vietnamese** Cuisine

Ingredients

For the Rolls

- [ ] 2 chicken breasts, poached and sliced thin
- [ ] 8 rice paper sheets
- [ ] 1 cup shredded lettuce
- [ ] 1 carrot, julienned
- [ ] 1/2 cucumber, julienned
- [ ] 1/4 cup fresh mint leaves
- [ ] 1/4 cup fresh cilantro leaves
- [ ] 1 avocado, sliced (optional)

For the Dipping Sauce

- [ ] 3 tbsp fish sauce
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey
- [ ] 1 garlic clove, minced
- [ ] 1 tsp chili flakes (optional)

Instructions

1. Poach the chicken breasts in simmering water for 10-12 minutes, then let cool and slice thinly.
2. Prepare the vegetables: shred lettuce, julienne carrot and cucumber, and pick the herbs.
3. In a shallow bowl, combine fish sauce, lime juice, honey, garlic, and chili flakes; stir until honey dissolves.
4. Dip one rice paper sheet into warm water for about 12 seconds, then lay flat on a damp towel.
5. Place a few slices of chicken, some lettuce, carrot, cucumber, mint, cilantro, and avocado near the bottom edge, fold sides, and roll tightly.
6. Repeat with remaining sheets; serve the rolls on a platter with the dipping sauce.

Nutrition per serving

210 kcal	18 g	22 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a little heat, add extra chili flakes to the sauce.
- Make sure the rice paper does not sit in water too long; it should stay slightly tacky.
- You can marinate the chicken beforehand with a splash of soy sauce for extra flavor.