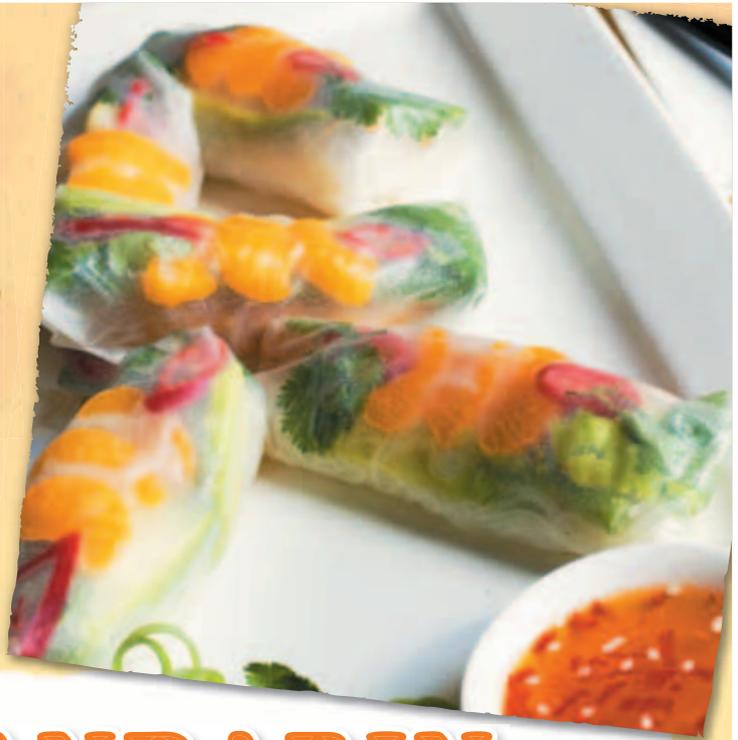


"Give me
a Mandy
Mum!"



AUSSIE MANDARIN RICE PAPER ROLLS

GLUTEN FREE - SERVES 4

INGREDIENTS

3 Aussie Mandarins, peeled and deseeded
375g rice paper sheets
1 avocado, peeled and cut into strips
4 spring onions, cut into 10cm lengths
1 chilli, cut diagonally and deseeded
1/3 cup loosely packed coriander leaves
65g rice vermicelli noodles
5 chicken tenderloins
1 egg, lightly beaten
1 cup corn flour
Gluten free breadcrumbs
Oil for frying

AUSSIE MANDARIN GINGER DIPPING SAUCE

1 Aussie Mandarin,
peeled and deseeded
½ cup Aussie Mandarin juice
2 tsp caster sugar
¼ tsp fresh ginger,
grated finely
1 chilli, deseeded and
finely chopped
Sesame seeds

METHOD

Chicken preparation - Slice chicken tenderloins lengthwise into 3 strips about 10cm long. Coat with corn flour, dip in beaten egg and coat with gluten free breadcrumbs. Heat a little oil in a shallow frying pan and lightly fry until cooked.

Noodle preparation - Place the vermicelli noodles in a heat proof bowl and cover with boiling water. Set aside for 5 minutes to soften, then drain.

Rice paper roll preparation - Soak 1 rice paper sheet in warm water for 10 seconds. Drain on paper towel and transfer to a clean work surface. Place chilli and coriander leaves in the centre of the rice paper roll and top with 2-3 Aussie Mandarin segments. Top with a slice of avocado, spring onion and vermicelli noodles. Fold in ends and roll up firmly to seal the filling.

Sauce - Add Aussie Mandarin segments, juice, caster sugar and chilli to a saucepan. Bring to boil and simmer on a medium heat until sauce thickens. Strain the sauce through a sieve and pour into a dipping sauce dish. Add ginger and chilli and finish with a sprinkle of sesame seeds.

PLATING

Serve rolls with a side of Aussie Mandarin ginger dipping sauce.



Aussie Mandarins