

# Vietnamese Vegetarian Rice-Paper Rolls

½ cup Sunflower seeds  
1 pkg 150g vermicelli noodles  
1 bunch coriander (cilantro) leaves  
1 bunch Vietnamese min leaves  
2 med carrots  
2 cups bean sprouts  
1 cup grated zucchini  
1 bunch lettuce leaves  
5 spring onions  
25 rice paper wraps

1. Place vermicelli noodles in large bowl and cover with boiling water. Cover the bowl with a plate and leave for 10 min.
2. Toast sunflower seeds in frying pan, stirring constantly so they don't burn. Turn of pan and leave to cool
3. Wash and dry coriander a mint then chop finely.
4. Wash carrots, trim ends then grate using large hole on grater.
5. Wash zucchini and grate (skins, seeds and all) using large hole on grater.
6. Trim ends of spring onion and peel off outer skin. Slice finely.
7. finely chop or rip lettuce into small pieces
8. Drain noodles and dry with a clean towel. Place back into bowl
9. Add all veggies and sunflowers seeds to the noodles and mix well.
10. To soften rice paper pour hot water onto a plate and slide you wrap through it. Pull it out of water and place on tea towel.
11. Place some of noodle/veggie filling onto middle of wrap shaping it like a little log across the wrap. Fold over the 2 sides then roll from the bottom.
12. Place on a plate ready for serving.

You can use any fresh veggies you like.