



Vietnamese Grilled Chicken Spring Rolls Recipe

Preparation Time	20
Cooking Time	67
Serving Size	7

Ingredients:

- 500 g chicken, thigh fillet
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp lime juice

- 7 pc rice paper
- 1/4 cup water, enough to damp each piece of rice paper
- 100 g lettuce, trimmed
- 1 cup carrot, sliced into thin strips
- 1/4 cup basil, fresh
- 1/4 cup cilantro, trimmed
- 1 1/2 cup sotanghon, cooked

FOR THE NAM PRIK SAUCE

- 2 Tbsp patis
- 1/4 cup cilantro, chopped
- 1/2 tsp siling labuyo, chopped
- 1/4 cup DEL MONTE Crushed Pineapple (227g), drained, reserve 1/4 cup syrup
- 2 Tbsp calamansi juice
- 1/4 cup water
- 1 tsp garlic, grated

Preparation:

1. In a bowl, combine chicken thigh fillet, salt, pepper, and lime juice. Marinate For 30 minutes.
2. Grill chicken until well done, turning occasionally. Let stand for 5 minutes then slice into strips.
3. To assemble the spring rolls: Sprinkle or brush water over the rice paper to moisten so that it will be pliable. Layer with lettuce, sliced chicken, carrot, basil, cilantro, and sotanghon. Roll tightly as possible. Slice the roll into 4. Repeat until you finish all the ingredients.
- 4 Mix all the ingredients for the sauce, along with the reserved pineapple syrup.

Chef's Tip

Use a pastry brush or spray bottle to easily wet the rice papers. These add just enough moisture to the rice paper. Too much water will cause the rice paper to break.

Lusog Notes

This dish is high in vitamin A which helps one resist infections and maintains healthy skin. It is also a source of iron needed for making red blood cells that carry oxygen around the body.

Cooking Skills Needed

- Assembling
- Grilling
- Marinating
- Mixing
- Slicing
- Trimming

Cooking Tools

- Grill Pan
- Chopping Board
- Spatula