

SALMON SPRING ROLLS



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
154 kcal
10g Fats
4g Carbs
13g Protein



GF

DF

LC

MP

Q



WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

WHAT YOU NEED TO DO

Boil a little bit of the water in a pan. Remove from heat, and dip in the rice paper for 30 seconds, one after the other. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2-2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.

