

Grilled Shrimp Spring Rolls with Creamy Peanut Sauce



Discover our delicious recipe for Grilled Shrimp Spring Rolls with Creamy Peanut Sauce. These fresh and flavorful spring rolls are perfect for a light and tasty appetizer, filled with grilled shrimp and served with a creamy peanut dipping sauce.

Preparation 30 min

Cooking 10 min

Servings 12 rouleaux

Nutrition Facts (per serving)

Calories 205

Fat 8

Carbohydrates 17

Fibre 2

Protein 15

Sodium 345

Ingredients

For the vegetables in the roll:

- 1 red bell pepper
- 1 orange bell pepper
- 1 mango

- 1 English cucumber
- 1 Boston lettuce
- 250 mL (1 cup) grated carrots
- 250 mL (1 cup) grated beets
- A few leaves of fresh coriander or basil

For the peanut sauce:

- 85 mL (1/3 cup) softened peanut butter, microwaved for 20 seconds
- 30 mL (2 tbsp.) lime juice
- 30 mL (2 tbsp.) soy sauce
- 15 mL (1 tbsp.) sesame oil
- 5 mL (1 tsp.) sambal oelek

For the shrimp:

- 700 g raw shrimp
- 30 mL (2 tbsp.) reduced-sodium soy sauce
- 30 mL (2 tbsp.) rice vinegar
- 5 mL (1 tsp.) sesame oil
- 5 mL (1 tsp.) minced garlic
- 2.5 mL (1/2 tsp.) sambal oelek
- 85 mL (1/3 cup) chopped unsalted peanuts
- 30 mL (2 tbsp.) sesame seeds

For the rolls:

- 12 large rice paper wrappers

Preparation

1. Cut the bell peppers, mango, and cucumber into thin slices.
2. Grate the carrots and beets.
3. Wash and separate the Boston lettuce leaves.
4. Chop a few leaves of basil or coriander. Set everything aside on a work surface.
5. Mix all the ingredients for the peanut sauce together in a measuring cup.
6. In a saucepan over medium heat, cook the shrimp with soy sauce, rice vinegar, sesame oil, minced garlic, and sambal oelek.
7. When the shrimp curl up and turn pink (about 5 minutes of cooking), add the peanuts, sesame seeds, and half of the peanut sauce mixture. Mix everything together, allow the sauce to melt through the shrimp, then remove from heat.
8. For assembling the rolls, fill a large bowl with hot tap water.
9. Have all the ingredients ready for roll assembly near you. Use a little water to moisten the surface you'll be assembling the rolls on to prevent the rice paper from sticking and tearing on your work surface.
10. Take a rice paper wrapper, dip it into the hot water without letting go. Wait for 2-3 seconds, then remove it so that it remains slightly firm.
11. Lay the rice paper on your work surface. Fill it with all the ingredients and roll it up.

seconds in the microwave to soften it and

Notes



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