

Fresh Tofu Spring Rolls



Savor the freshness of our delectable Tofu Spring Rolls, a delightful blend of healthy ingredients and vibrant flavors. Packed with nutritious tofu and crisp vegetables, these rolls make for a light and flavorful treat. Perfect for a refreshing appetizer or a wholesome snack!

Preparation 30 min

Cooking 10 min

Servings 6

Nutrition Facts (per serving)

Calories 77

Fat 2

Carbohydrates 11

Fibre 1

Protein 3

Sodium 155

Ingredients

- 15 ml (1 tbsp) mirin
- 15 ml (1 tbsp) rice vinegar
- 15 ml (1 tbsp) low sodium soy sauce
- 10 ml (2 tsp) sesame oil
- 1 block (454 g) extra firm tofu, cut into 12 strips

- 12 rice paper wrappers
- 1 avocado, cut into julienne
- 1 bell pepper of choice, cut into julienne
- ¼ cucumber, seeded and cut into strips
- 6 lettuce leaves, cut in halves
- 1/2 mango, cut into julienne
- Mint leaves (optional)

Peanut Sauce

- 65 ml (¼ cup) natural peanut butter
- 65 ml (¼ cup) water
- Juice of ½ lemon (or 30 ml (2 tbsp))
- 15 ml (1 tbsp) low sodium soy sauce
- 1 clove of garlic, finely chopped
- 1.5 ml (¼ tsp) Cayenne pepper

Preparation

1. In a large non-stick skillet over medium heat, add the mirin, rice vinegar, soy sauce, and sesame oil.
2. Add the tofu strips and cook, turning them occasionally until they are golden brown. Remove the tofu from the skillet and set aside.
3. In the meantime, combine all the peanut sauce ingredients in a medium bowl. Set aside.
4. To prepare the spring rolls, fill a shallow dish or large plate with warm water. Quickly dip a rice paper sheet into the water, submerging it completely for about 3-5 seconds. The rice paper should become soft, but not overly soaked. Place it on a cutting board or clean surface.
5. Place a ½ lettuce leaf on the edge of the rice paper, then add some tofu and the other garnishing ingredients. Make sure to place the garnishes in the middle of the rice paper, leave some space on each side of the rice paper.
6. To roll, start by folding the bottom edge of the rice paper over the filling. Next, fold in the sides, to enclose the filling. Finally, roll the spring roll away from you, keeping it tight but gentle to avoid tearing the rice paper.
7. Serve the fresh spring rolls with the peanut sauce and enjoy.

Notes

Can be refrigerated 2-3 days, cannot be frozen

Use your imagination by making spring rolls of your own taste using any kind of fruits and vegetables! No need to use tofu for this recipe! You can choose your favorite protein (chicken, shrimp, tempeh, salmon).



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