MINICHEF RECIPES

by Noah - Healthy & Fun Cooking for Kids

Shrimp & Avocado Summer Rolls

Quick & Healthy Snack 🍤🥑 Fresh, fun, and ready in minutes!

PREP TIME	COOK TIME	SERVINGS
20 min	5 min	4 (12 rolls)

Ingredients

- **1 lb** Shrimp, peeled & deveined
- **12** Rice paper wrappers
- **1** Cucumber, julienned
- **¼ cup** Fresh cilantro
- **¼ cup** Soy sauce (for dipping)
- **2** Avocados, sliced
- **1** Carrot, julienned
- **¼ cup** Fresh mint leaves
- **1 cup** Rice noodles, cooked
- **2 tbsp** Lime juice

- **1 tbsp** Honey
- **1 clove** Garlic, minced

Directions

1. **Cook shrimp:** Heat oil in skillet over medium heat. Cook shrimp until pink, 2-3 min per side. Let cool.
2. **Soften wrappers:** Dip rice paper in warm water for 10-15 seconds until soft. Lay flat.
3. **Assemble rolls:** Place shrimp, avocado, carrot, cucumber, herbs, and noodles in center. Fold sides over filling.
4. **Roll tightly:** Roll from bottom to top, keeping ingredients tight inside.
5. **Make sauce:** Whisk soy sauce, lime juice, honey, and garlic in a bowl.
6. **Serve fresh:** Serve summer rolls with dipping sauce. Enjoy immediately!

Nutrition Info

CALORIES	PROTEIN
200	15g
CARBS	**FAT**
15g	10g

Pro Tips

- Add sliced mango for tropical twist
- Add red pepper flakes for spice
- Try basil or dill for herb variation
- Store covered with damp towel up to 1 day