

Vegetable Spring Rolls

Yield: 12 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/peanut-butter-noodles-chinese-recipe-name>

Ingredients:

- 1/2 pound shiitake mushrooms
- 2 teaspoons canola oil
- 1 garlic clove pressed or minced
- 1 teaspoon low sodium soy sauce
- 7 ounces dried rice noodles thin
- 12 rice paper wrappers each 8 1/2 inches in diameter
- 1 red bell pepper seeded and thinly sliced
- 2 avocados ripe, pitted, peeled and sliced
- 2 carrots peeled and cut into matchsticks
- 1 cup herb packed mixed fresh, sprigs, such as mint, cilantro and basil
- 4 peanut butter rounded tablespoonfuls, chunky or creamy; both work well
- 3 tablespoons soy sauce
- 3 tablespoons honey
- 1 inch ginger root peeled and minced
- 1 clove garlic crushed
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup orange juice

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 44 grams
3. Fat: 49 grams
4. Fiber: 9 grams
5. Protein: 24 grams
6. SaturatedFat: 10 grams
7. Sodium: 690 milligrams
8. Sugar: 14 grams

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