

# Chicken Spring Roll In A Bowl

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-spring-roll-recipe>

## Ingredients:

- 6 ounces cooked chicken breast I use premade grilled chicken from my weekly meal prep
- 2 cups iceberg lettuce shredded
- 2 ounces carrots shredded or julienne sliced
- 2 ounces cucumbers julienne sliced
- 4 ounces rice noodles Vermicelli angel hair, cooked according to package directions
- 1 tablespoon salted peanuts chopped
- 1 tablespoon fresh Thai basil Regular basil works here, too, if Thai basil is not available
- 1 tablespoon fresh mint leaves finely chopped
- microgreens \*Optional: fresh, I used a blend of cabbage and basil microgreens
- 2 tablespoons creamy peanut butter
- 1 5/16 tablespoons hoisin sauce 1 tbsp plus 1 tsp
- 2 tablespoons water
- 1 teaspoon unseasoned rice vinegar

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 15 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 160 milligrams
8. Sugar: 4 grams

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