VIETNAMESE · LUNCH · SNACK

Goi Cuon (Pork and Prawn Rice Paper Rolls)

40 min · Serves 5 · 358 kcal a serve · Video 4:52 · Chubby Whale

No dairy listed

Fresh herbs, lettuce and cucumber wrapped around lean pork and prawns, and the rolls are not fried: two rolls give about 22 g of protein and over half a day's selenium. Most of the fat and salt is in the peanut-hoisin sauce, so dip lightly.

Diet notes: Low saturated fat (1.9 g, 5% of the energy); Gluten-free with a swap: Rice paper and vermicelli are gluten-free, but hoisin usually contains wheat: use a gluten-free hoisin.

Scan for the video, full nutrition and more free recipes

Ingredients 23 · SERVES 5

- [ ] 300 g **pork** (tenderloin used here), boiled and thinly sliced
- [ ] 10 medium **prawns**, peeled, boiled and halved lengthways
- [ ] about 80 g **dry rice vermicelli**, cooked per the packet
- [ ] 10 **round rice paper sheets**
- [ ] about 10 **lettuce leaves** (100 g)
- [ ] a handful of **mint** (about 10 g)
- [ ] a handful of **Thai sweet basil** (about 10 g)
- [ ] 10 **chives**
- [ ] about 240 ml **bean sprouts** (80 g)
- [ ] ⅓ **cucumber**, julienned (about 100 g)
- [ ] 2 cloves **garlic**, finely minced (sauce)
- [ ] 1 medium **shallot**, finely minced (sauce)
- [ ] 2 tbsp **oil** (sauce)
- [ ] 5 tbsp **hoisin sauce**
- [ ] 175 ml **pork and prawn stock**, made from the pork cooking water and prawn shells
- [ ] 2 tbsp **chunky peanut butter**
- [ ] ½ tbsp **sugar**
- [ ] ½ tbsp **sriracha or chilli sauce**
- [ ] ½ tbsp **white vinegar**
- [ ] about 1 tbsp **crushed roasted peanuts**, to garnish the sauce
- [ ] about 20 g **pickled radish and carrot**, to garnish (optional)
- [ ] 1 small **chilli**, minced, to garnish (optional)
- [ ] a few **crispy fried shallots**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Crustacea, Peanut, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cook the vermicelli per the packet and drain. Boil the pork in 400 ml water until cooked, then plunge into cold water. Boil the peeled prawns in the same pot for about a minute, then simmer the heads and shells 10 minutes for stock. 0:08
2. Slice the pork thinly and halve the prawns lengthways. Snap the lettuce stems so the leaves lie flat and get the herbs, chives, cucumber and bean sprouts ready. 0:39
3. For the sauce, fry the garlic and shallot in the oil until fragrant, then stir in the hoisin, 175 ml of the stock and the peanut butter. Add the sugar, sriracha and vinegar, simmer a few minutes and taste. 1:08
4. Wipe a rice paper on both sides with a damp towel and lay it glossy side down. Build a lettuce bed on the lower half and top with herbs, cucumber, bean sprouts, noodles and pork. 3:42
5. Roll halfway, fold in the right side, lay a chive along it, fold in the left side, set the prawn halves orange side down and roll up firmly. Serve with the sauce topped with crushed peanuts, pickled radish and carrot, chilli and crispy shallot. 4:10

> **Tip** Makes 10 rolls; 2 rolls a serve (our estimate). The cook prefers pork belly or a cut with some fat (she used tenderloin). Roll just before serving, as rice paper dries out quickly.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
358 kcal	**22 g**	**41 g**
1,500 kJ	45% of a day	38 g net · 9.3 g sugars
		15% of a day

FIBRE	FAT	SODIUM
3.2 g	**12 g**	**590 mg**
12% of a day	1.9 g saturated	26% of a day
	16% of a day	

Energy from net carbs 44% · protein 25% · fat 31%

High in (20%+ of a day) Selenium 59% · Omega-3 40% · Vitamin K 38% · Vitamin B6 31% · Vitamin B12 26%

Source of (10–19%) Zinc 19% · Folate 17% · Vitamin E 15% · Magnesium 14% · Vitamin A 13% · Potassium 11% · Iron 11%

Recipe and video: Chubby Whale (@ChubbyWhale) on YouTube — youtube.com/watch?v=YG0jfpXUU4s, published 26 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/goi-cuon-pork-prawn-rice-paper-rolls