

# summer rolls with spicy peanut sauce

**Makes 8-10 servings**

RECIPE ADAPTED FROM: [Joyful Healthy Eats](#)

PREP TIME: 20 minutes

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## FOR THE PICKLED CARROTS

(or [homemade fermented carrots](#) made ahead of time)

- 1 cup julienned carrots
- ¼ cup rice wine vinegar
- ½ Tbsp sugar
- ¼ tsp salt

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## FOR THE SUMMER ROLLS

- 8-10 sheets rice paper
- ⅓ cup cilantro leaves
- 2 oz sprouts (I used a combo of lentil and broccoli)
- 1 cup julienned cucumber
- 1 cup thinly sliced purple cabbage
- 1 cup julienned red bell pepper
- 1 small avocado, thinly sliced
- 8-10 basil leaves
- 2 Tbsp sesame seeds

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## FOR THE SPICY PEANUT SAUCE

- ½ - 1 inch piece fresh ginger root, minced
- 1 garlic clove, minced (or ½ tsp garlic powder)
- 1 lime, juiced
- ½ tsp red pepper flakes (or ¼ tsp cayenne pepper)
- 2 Tbsp fresh cilantro, chopped
- 2-3 Tbsp coconut aminos or tamari
- ¼ - ½ cup creamy peanut butter
- ¼ cup water
- 1-2 tsp raw honey (optional)

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## NOTES

You can substitute other nut/seed butters in place of peanut butter if needed.

For extra health benefits while maintaining the punch of flavor, use lactobacillus fermented carrots instead.

## FOR THE PICKLED CARROTS

DISSOLVE sugar and salt in warmed rice wine vinegar. Toss in the carrots to coat them and let marinate for 15 minutes.

## FOR THE PEANUT SAUCE

ADD all ingredients to a bowl.

WHISK together until combined. Set aside. For a thinner sauce, add extra water and stir.

## FOR THE SUMMER ROLLS

FILL a 9in or larger round pan/large, shallow bowl with 1 inch of warm or room temperature water.

DIP 1 rice paper at a time into the water for 5-15 seconds each. The sheet shouldn't be completely softened; it will continue to soften while making the roll.

PLACE a single soaked rice paper on a wet working space (cutting board).

LAYER on the following to the bottom third of the rice paper (the side closest to you): a few cilantro leaves, a small bunch of sprouts, 3-4 cucumber slices, a few slivers of purple cabbage, 2-3 red pepper strips, 2-3 pickled carrot slices, 1-2 avocado slices and a few basil leaves.

GENTLY fold in the sides of the rice paper. Then take the bottom end and gently pull it over the ingredients. Roll it up to seal.

REPEAT steps with the remaining ingredients.

SERVE immediately with the dipping sauce and enjoy. If serving summer rolls as a meal, add sliced tempeh, tofu or cooked shrimp for additional protein.

