

Avocado and Nectarine Spring Rolls with Tahini Dip

Makes 4 portions

Ingredients

1/3 cup	Tahini	80 ml
	1 clove of garlic, minced	
1 tsp	Fresh ginger, grated	5 ml
1 tbsp	Sesame oil	15 ml
	Juice of 1 lime	
1/3 cup	Warm water	80 ml
1/2	Package of rice noodles	
8	Sheets of rice paper	
2 cups	Lettuce (spinach, Boston, etc.)	500 ml
	Flesh of 1 nectarine, thinly sliced	
	Flesh of 1 avocado, tart, thinly sliced	
	Watermelon radish, thinly sliced	
	Roasted pistachios, chopped	
	Sesame seeds	
	Fresh basil leaves	
	Fresh coriander leaves	
	Thai chili peppers, thinly sliced	
	Pickled ginger	

Nutrition & Notes

Nutrition Information		
Valeur nutritive		
Amount	% Daily Value	
Teneur	% valeur quotidienne	
Calories / Calories 405 kcal		
Fat / Lipides 12 g	19%	
Saturated / saturés 2 g		
+ Trans / trans 0		
Cholesterol / Cholestérol		
Sodium / Sodium 10 mg		
Carbohydrates / Glucides 54 g	18%	
Fiber / Fibres 11 g	46%	
Sugars / Sucres 33 g		
Protein Protéines 3 g		
Vitamin A / Vitamine A	11%	
Vitamin C / Vitamine C	98%	
Calcium / Calcium	5%	
Iron / Fer	9%	

Instructions

Step 1

In a bowl, use a whisk to mix the tahini with all of the sauce ingredients until smooth. Set aside.

Step 2

Prepare the rice noodles and the rice paper sheets according to the manufacturer's instructions. Set aside.

Step 3

Fill the rice paper sheets with slices of avocado, slices of nectarine, rice noodles, lettuce, nuts and herbs and then roll them up. Serve with the tahini sauce and pickled ginger, if desired.

Recipe provided by Avocados from Mexico

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