

Nasturtium Summer Rolls

Nasturtiums have peppery, saucer-shaped leaves and bright, trumpet-shaped edible flowers. Vietnamese rice paper lets the flowers shine through like happy little faces. These are vegetarian, but tuck in prawn or leftover roast chicken if you prefer.

INGREDIENTS:

- 1 Carrot, cut into matchsticks
- Half capsicum, cut into matchsticks
- Half cucumber, peeled and cut into matchsticks
- 1 tbsp. sugar
- 1 tsp. salt
- 2 tbsp. rice vinegar
- 50g dried rice vermicelli
- 12x20cm rice paper rounds (banh trang)
- 12 nasturtium leaves, unsprayed
- 12 nasturtium flowers, unsprayed
- A few green lettuce leaves, torn
- 2 spring onions, cut into matchsticks
- Handful of mint leaves
- Handful of Asian basil leaves
- Nuoc cham or sweet chilli sauce, for dipping



METHOD:

1. Toss the carrot, chilli and cucumber in the sugar, salt and vinegar and set aside
2. Pour boiling water over the vermicelli in a heatproof bowl and leave for 10 minutes or until soft. Drain well and toss with the carrot, chilli and cucumber.
3. To assemble, dip one rice paper round into a shallow bowl of hot water for 5 seconds, and place on a clean bench
4. Place 2 nasturtium flowers face down on the lower third of the rice paper. Top with a nasturtium leaf, lettuce leaf, some noodles and carrot, chilli and cucumber, spring onions, mint and Asian basil. Roll up tightly, tucking in the ends, and serve with nuoc cham or a dipping sauce of sweet chilli sauce and rice vinegar, and extra lettuce leaves for wrapping.