



Mango Summer Rolls

We had some good friends over for a mid winter meal and decided to go colourful and summery in theme. These beautiful rolls from the NOURISH - plant based living magazine (Vol 7, no 1, 2019) were simply delicious.

Serves: 4, Prep time: 00:45, Cook time: 00:00

Instructions

1. **Tofu Marinade**

First marinate the tofu. Mix together all the marinade ingredients, add the tofu and leave for 10min, flip it over halfway through.

2. Preheat the oven to 180 degrees and grease a baking tray.

3. Put the marinated tofu onto to the tray and bake for 15min.

4. **Dipping Sauce**

Combine the tahini, hoisin sauce, sriracha sauce, lime juice, and 1-2 tbsp of hot water. Add more water if the sauce is too thick (this will vary depending on the type of tahini you are using).

5. When you are ready to crate the rolls fill a shallow bowl with luke warm water,

Ingredients

- 2.5cm pinch or to taste Ginger, chopped (finely)
- 2 tablespoon Soy sauce
- 3 tablespoon Juice of a lime
- 300 (1 block) grams Tofu (organic TONZU brand), Extra firm
- 0.25 cups Seed, sesame butter, Tahini
- 1 Mango, Fresh
- 3 Spring onion
- 4 Mint leaves (roughly chopped)
- 3 Carrot, Small
- 0.5 cups Cashew nuts
- 2 tablespoon Sesame seed (toasted), For sprinkling
- 1 tablespoon Sriracha sauce
- 2 tablespoon Hoisin sauce

dip a single wrapper into the water for between 15-25 seconds making sure it's completely submerged.

6. Place the wrapper out on a clean counter top or flat platter and fill with a little bit of everything in what ever ratio tickles your creative taste-buds. Fold the wrapper up like a blanket then fold over and in on both sides to leave some of the filling poking out the top.

7. Serve the rolls with the dipping sauce. Everyone can have a go making their own! A fantastic first course for dinner to get some engagement. ENJOY.



