

# Healthy kai – good for the planet and good for your body

## Scrumptious summer rolls with peanut sauce!

You will need

### Kai

½ a beetroot

1 carrot

A few leaves of lettuce (about 5)

Small handful of mint leaves

3 Tablespoons peanut butter

1 Tablespoon soy sauce

1/3 cup water

1 pack of rice paper (You can buy this at asian supermarkets or in the international section of a regular supermarket)

### Equipment

1 chopping board

1 sharp knife

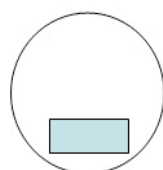
1 microwave

A deep baking dish

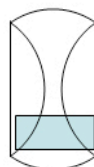
1 spoon

### Method:

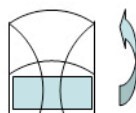
1. Grate the beetroot and carrot
2. Slice the lettuce and mint thinly
3. Put the vegetables in a large bowl and mix
4. Mix the peanut butter, soy sauce and tablespoon of water in a microwave-proof bowl and microwave for 45 seconds, give it a stir then put it in for another 45 seconds (or just enough so the peanut butter melts and you get a thickish dipping sauce)
5. Pour warm water into the deep baking dish
6. One at a time, put the rice paper into the baking dish and let it sit there until it's soft
7. Pull it out carefully and let it drip for a few seconds
8. Place it on your chopping board, put the vegetables in and roll it like in the picture



Filling at edge of circle



Flip sides of wrapper in over filling



Roll from bottom to encase filling



Viola, spring roll

### Optional extras

You can put anything into these rolls that you think will be delicious. I really like: chopped peanuts, coriander, capsicum, avocado or sprouts. I've even heard of people making these with fruit! Try putting ginger, garlic and lemon in with the peanut dipping sauce.

## **How to make popcorn**

Put 1 Tablespoon of oil in a saucepan (with a lid)

Put 1/3 of a cup of popcorn into the saucepan and place on medium heat

Gently shake the pan every now and then, and open up the lid a little every now and then to let steam out. Be REALLY careful not to burn yourself when letting steam out – steam is super hot!!! and don't let any pop corn escape!

## **Gardening advice**

**You can grow lots of the ingredients for these recipes in your garden (in order of easiest to most challenging...)**

- Mint (plant in autumn, spring or summer)
- Lettuce (plant all year round)
- Beetroot (sow in autumn, spring or summer)
- Carrots (sow in autumn or spring)
- Popping corn (you can buy seeds online from Kings Seeds, Koanga or Trade Me, plant in late spring or early summer)
- Peanuts (These are a little tricky to grow in Wellington, but worth a try if you're brave and have a sheltered spot!)

### **How to Grow Popcorn:**

Plant your popcorn in the summertime. Soak the seeds in water for a few hours before you plant them. Plant the seeds 3 – 4cm deep and 15 – 20cm apart. You should choose an area with rich soil and lots of sunlight, and give your popcorn seeds plenty of water. Once the stalks are knee-high, heap up soil around the roots at the bottom to give the plants extra support.

Corn usually takes 85 – 120 days to be ready. Once your ears of popping corn are ready to be picked, you'll need to let them dry out before they're ready to be popped. Leave them in a nice dry spot until the husks around the corn cob are dry like paper and the corn kernels inside are really hard.

The moisture level inside the popping corn kernels needs to be just right for perfect popcorn – so when your corn starts to look dry, take a few kernels off every 3 or 4 days and try popping them – once you've reached the stage where they pop well and taste good, you can scrape the kernels from the cobs and your popping corn is ready to make into homemade popcorn!

Remember to set aside some seeds so you can grow another lot of popcorn again next year!

One thing to keep in mind is that you can't grow popping corn in the same garden as sweetcorn – because they might cross-pollinate, which will make your sweetcorn less delicious and your popcorn not pop properly.

(Information from Sticky TV website)