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How to make vegetarian rice wraps

By

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Making Vegetarian Rice Wraps has never been so easy! Learn how to prepare this vibrant lunch dish in ten minutes...

Rice wraps are so easy to make and the best part is you can add anything to them! When you make

your own fresh meals from scratch like this, the possibilities are endless.



Today I'm making [Vegetarian Rice Wraps](#) full of fresh vegetables, including Pure Flavor's® delicious greenhouse grown [Long English Cucumbers](#). They're absolutely perfect for this meal! They have a slight crunch and really add a burst of freshness.

You may be asking yourself if these light little wraps can satisfy your hunger. Well, thanks to the vermicelli noodles, my Vegetarian Rice Wraps contain the right amount of carbs to help you feel full and energized without weighing you down the rest of the day.

First, start by quickly measuring the length of the rice paper to find the ideal length for all the fresh ingredients you want to stuff inside.



Cut your Long English Cucumber into chunks long enough to fit inside each roll. Then, slice them julienne style into thin strips. I always make sure to slice extra cucumbers, my kids LOVE them!

In this recipe, I'm also slicing up some carrots and a Pure Flavor® [Sweet Bell Pepper](#), julienne style, with some red cabbage as well.

Now it's time to cook the rice vermicelli noodles. Bring a pot of water to a boil and add the rice noodles. Cook for about eight minutes until tender. They cook very quickly, which is great on busy weekdays when you find yourself rushing between your own work, picking up the kids, running errands and doing chores around the house.

Drain the water really well once the vermicelli noodles are done cooking. Then, it's a good idea to rinse them with cold water. This will stop them from cooking and getting too soft, plus it will wash off the starch that can make them super sticky! If there's any excess water on the wraps when you're trying to fold them, they become really slippery and hard to fold. Let's just say, I'm speaking from experience!

Soak your rice paper in water for 30 seconds until it's soft and pliable – but not too soft or they will be hard to work with and may tear. The instructions on your package will help you know what time is required to soak your rice papers.

Lay the paper on a cutting board and, just below the center, stack your veggies. Then, above the carrots, peppers, cabbage and cucumber, put a small pile of vermicelli noodles.





If you've ever rolled a burrito, you'll be well prepared for the next part.

Roll up the bottom of the rice paper about halfway until your ingredients are covered. Fold in the sides and then roll it up tightly the rest of the way.

It may take a few times to get the hang of rolling the wraps, but the main key is to avoid overstuffing them since they can tear easily. Once they're rolled up, I like to cut them in half and arrange them open side up so everyone can see the beautiful, vibrant vegetables inside.

As a busy mom of three, I love making simple and quick recipes that are healthy and satisfying for the whole family. These Vegetarian Rice Wraps are filling, packed with fresh vegetables and a great meal idea any day of the week!

Enjoy!

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