

Cooking School

with the London Chef

Summer Salad Rolls with Ginger Chicken & Lime Poached Prawns

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin Cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen. This recipe can be easily doubled, but if you increase food quantity please make sure to use appropriate sized pots/pans for for the best outcome. Please note that this set up list is for a live cooking class and set up may differ slightly any pre-recorded videos that we have available in our Video Library.

Salad Rolls

1 package circular rice paper - to roll
1 cucumber
2 carrots
¼ Savoy or green cabbage
1 red pepper
1 avocado
Bunch cilantro

Ginger Chicken

1 large chicken breast
Thumb ginger (2 small or 1 large)
3 cloves garlic
Soy sauce

Poached Prawns

8-10 medium peeled prawns
Lime

Dipping Sauce

Sambal
Nam pla (fish sauce)
Honey
Thumb ginger (2 small or 1 large)
1 clove garlic
Soy sauce

Cooking Equipment

Kettle
Large vessel for soaking rice paper (frying pan, roasting tin, casserole dish etc) - has to be wide enough to fit the rice paper
Knife
Cutting board
Small mixing bowl
Peeler
Small pot
Medium frying pan
Wooden spoon
Canola oil

**DF*

**GF friendly, use GF soy sauce*

**Vegetarian friendly, omit chicken and prawns
- add more veggies*