

Vibrant Energy Wraps

Level: Medium

Time: 20 minutes

Servings: 4-8 (depending on wrap size)

Note from Laura: This recipe is designed to embrace your creativity in the kitchen. So have fun, experiment, share, and enjoy the healthy benefits from these delicious wraps!

Equipment:

Paring Knife

Chopping Knife

Large Cutting Board

Large Mixing Bowl

Optional: Microplane or Zester

Vegetable Grader

Citrus Juicer

Base Ingredients:

1 large handful baby arugula

2 handfuls raw mixed veggies, roughly chopped

4 large romaine leaves, roughly chopped

2 large curly kale leaves, roughly chopped

1 small handful cilantro, roughly chopped

1 small handful parsley roughly chopped

1 small handful mint, roughly chopped

1 large carrot, shredded fine

1 corn on the cobb, kernels removed and roughly chopped

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2 medium scallions, finely sliced
1/2 inch piece ginger, finely grated
1/2 cup short grain brown rice, cooked
1 package nori sheets
1 package rice paper sheets

Base Instructions:

Thoroughly rinse all ingredients and prep. In a large bowl, place all the ingredients (sans nori and rice paper) together and lightly toss until well combined.

Note from Laura: if you are doing food prep for the week, place the base in a glass container (or cover your bowl) and store in the fridge for 5-7 days.

Dressing Ingredients:

1/4 honey crisp apple, match sticked, thin
1 lime, juiced
1/2 ripe avocado
Ume plum vinegar, 20 dashes
Sesame Seeds, toasted (white, golden, black)

Note from Laura: as desired, experiment with different sauces and other ingredients to your liking here. . . .the above are the ones I used for this version.

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Dressing Instructions:

Add the avocado, lime juice, and ume plum vinegar to the base and gently toss until all ingredients are well combined. This can be enjoyed as is (add more grain, fruit, nuts, seeds, or legumes if desired) or get ready to make your wraps!

Assembly Instructions

For Nori Wrap:

On a clean surface, lay 2 sheets of nori down so the corners are diagonal to each other. Place 2-3 handfuls of your base, sprinkle on your desired amount of sesame seeds, and begin to form your wrap by folding one side of the nori on top of the base as you scoop the base under with the opposite hand. Then, tuck one end of the nori inwards to form the base and continue to roll the remaining until fully wrapped. Add more base to the top opening if desired. Enjoy immediately or within 1-2 hours.

For Rice Paper Rolls:

Create an assembly line with your rice papers, flat shallow bowl or plate with water, and then a clean surface (such as a cutting board or clean plate). Place one (or multiple if you are fast!) rice paper into the water up to 30 seconds to a minute, then lay flat on your clean surface. Place one handful of your base ingredients including a thin layer of the apple matchsticks. As you roll one side of the rice paper over the top of your base, scoop the base under with your opposite hand. Then tuck both open ends of the rice paper inwards and continue to roll the remaining until formed. Enjoy immediately as is, with your favorite sauce, or store in the fridge for 2-3 days.

Enjoyed this recipe? Tell me about it! I'd love to hear from you.

Laura@LiveVeganVibrantly.com