

LIVE COOKING *Lunch & Learn*



Would you like to experience healthy eating in practice? Then take part in our digital culinary live cooking. In our interactive cooking workshop, we will prepare a delicious, healthy and quick meal together!

Summer rolls with glass noodles and sugar snap peas

This is how it works:



Buy all the ingredients.



Have the required ingredients and kitchen utensils ready before the workshop starts.



Cook together with your colleagues and benefit at the same time from useful kitchen hacks & tips from our nutrition expert.



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Ingredients

- 100 g firm tofu
- 1 tsp neutral oil
- 1 tbsp soy sauce
- 1 tsp liquid honey
- 100 g glass noodles
- 10 sugar snap peas
- ½ cucumber
- 2 spring onions
- Lettuce (as desired)
- 1 carrot
- 8 sheets of rice paper (approx. 30 cm Ø)
- Sweet chilli sauce (to taste for serving)
- salt



Preperation

1. Prepare the glass noodles according to the packet instructions.
2. Cut the tofu into thin slices. Heat the oil in a pan and fry the tofu for 1 minute, turning occasionally.
3. Add the soy sauce and honey and reduce. Transfer the tofu to a plate and leave to cool.
4. Clean the sugar snap peas and boil in salted water for 30 seconds. Drain, rinse with cold water, drain well and cut into fine strips. Wash, clean and finely slice the spring onions.
5. Wash the lettuce and spin dry. Peel the carrot and cucumber and cut into very fine strips.
6. Soak 2 sheets of rice paper at a time in very warm water for approx. 45 seconds. Remove the rice paper from the water and place on top of each other on a damp kitchen towel.
7. Fill the rice sheets with the ingredients as desired. Make sure to leave a border of at least 2 cm on all sides.
8. Roll up the rice sheets tightly. Proceed as described with the remaining sheets. Serve the summer rolls drizzled with a little sweet chilli sauce, if desired.

Bon appetit!

