



SHRIMP SALAD ROLLS

Category: Shrimp

Published: January 12, 2025

Shrimp Salad Rolls

Shrimp Salad Rolls are a refreshing and delightful dish perfect for light lunches, appetizers, or summer gatherings. Packed with succulent shrimp, crisp vegetables, and wrapped in delicate rice paper, these rolls are a feast for both the eyes and the palate.

They're easy to prepare, versatile, and customizable to suit your taste preferences. Paired with a tangy dipping sauce, shrimp salad rolls are a surefire crowd-pleaser.

Ingredients

For the Rolls:

12 rice paper wrappers

1 pound cooked shrimp, peeled and deveined

1 cup shredded lettuce (romaine or iceberg)

1 cup julienned carrots

1 cup julienned cucumber (seeds removed)

1/4 cup fresh cilantro leaves

1/4 cup fresh mint leaves

1/4 cup fresh Thai basil leaves

4 ounces rice vermicelli noodles (optional, cooked as per package instructions)

For the Dipping Sauce:

1/4 cup hoisin sauce

2 tablespoons peanut butter

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 teaspoon sriracha (optional for spice)

2 tablespoons water (adjust for desired consistency)

How to Make

Step 1: Prepare the Ingredients

Wash and dry the lettuce, herbs, and vegetables.

Slice the cooked shrimp in half lengthwise.

If using rice vermicelli noodles, cook them as per the package instructions, drain, and let cool.

Step 2: Set Up Your Rolling Station

Fill a large bowl or shallow dish with warm water.

Lay out a clean, damp kitchen towel on your work surface to prevent sticking.

Arrange all prepared ingredients within easy reach.

Step 3: Assemble the Rolls

Dip a rice paper wrapper into the warm water for 5–7 seconds until pliable. Place it on the damp towel.

Arrange a small portion of lettuce, carrots, cucumber, and herbs slightly below the center of the wrapper.

Add 2–3 shrimp halves and a small bundle of noodles (if using) on top of the vegetables.

Fold the sides of the wrapper inward, then roll tightly from the bottom to the top, sealing the roll. Repeat with the remaining wrappers and ingredients.

Step 4: Make the Dipping Sauce

In a small bowl, combine hoisin sauce, peanut butter, soy sauce, rice vinegar, and sriracha.

Gradually add water until the sauce reaches your desired consistency. Mix well.

Step 5: Serve and Enjoy

Arrange the shrimp salad rolls on a platter and serve with the dipping sauce on the side.

Chef's Note

To save time, use pre-cooked shrimp or thaw frozen shrimp quickly in cold water.

Add avocado slices or mango strips for a sweet twist.

Keep a damp towel over prepared rolls to prevent them from drying out.

Nutrition Information (per roll with dipping sauce)

Calories: 120

Protein: 10g

Carbohydrates: 15g

Fat: 3g

Fiber: 2g

Sugar: 3g

Sodium: 230mg

Shrimp Salad Rolls are not only delicious but also a healthy, nutrient-rich option perfect for any occasion.