



MANGO BELL PEPPER ROLLS & SPICY CILANTRO MANGO DIP



SERVES: PREP TIME: COOK TIME:

6 | 15M | 0M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

For the Dip:

½ Cup Crofter's Organic Premium Mango Fruit Spread

1 Ripe Mango (Cubed)

3 Tbsp Cold Water

1 Tsp Fresh Squeezed Lemon Juice

¼ Tsp Kosher Salt

1 Tsp Hot Sauce of Choice

¼ Cup Fresh Cilantro

½ Cup Fresh Mint

For the Rolls:

2 Green Bell Peppers (Thinly Sliced)

2 Carrots (Thinly Sliced)

1 Cucumber (Thinly Sliced)

2 Cups Fresh Pea Shoots

1 Ripe Mango (Thinly Sliced)

1 Package Rice Paper Rolls

DIRECTIONS:

1. Prepare all of your veggies and fruit. Cut the green bell peppers, carrots, cucumber, and 1 mango into thin strips. Careful not to cut them too thick as they will cause the rice paper not to roll properly. Cut 1 mango into cubes. Set aside.
2. Next, prepare your area for assembling the rolls. Place a damp paper towel over a cutting board and fill up a deep plate with warm water. The wet paper towel will help the rice paper from sticking while rolling them.
3. Let's start making the rolls. Take 1 sheet of the rice paper and let it soak in the warm water for 15-20 seconds. Just until the rice paper has lost its rigidity and becomes workable. Place it on your prepared surface and start adding a mix of the thinly sliced fruit, veggies, and pea shoots. Place the fillings at the bottom center of the rice paper and begin to roll up. Fold in the sides and continue to roll. Place the finished rolls in a damp paper towel until ready to eat to avoid drying out. Repeat this process depending on how many rolls you are looking to make.
4. Prepare the dip by adding the Crofter's Organic Premium Mango Fruit Spread, fresh cubed mango, cold water, lemon juice, salt, hot sauce, cilantro, and mint to a food processor and blend until smooth. Once sauce is a smooth consistency, serve and enjoy!