**Recipe name:**
Carb-Free Nori Wrap

**Recipe description:**
Carb-free Nori Wrap with an easy dipping sauce. A quick, light and healthy lunch that's ready in just 25 minutes. Add salmon sashimi or steamed prawns.

**Prep time:**
15 mins

**Cook time:**
10 mins

**Serves:**
4

**Made with:**
PEPPADEW® Sweet Piquanté Peppers

**Course:**
Starter / Snack / Lunch / Dinner

**Occasion:**
Quick & Easy / Healthy / Gluten Free

**Ingredients:**

- 8- 10 sheets of seaweed, cut in half length ways
- ½ cup carrot, grated
- ½ cup julienne cucumber
- ½ cup PEPPADEW® Sweet Piquanté Peppers Mild or Hot Whole
- 1 cup Avocado slices
- ½ cup red cabbage, sliced
- ¼ cup bean sprouts

**FOR THE DRESSING:**

- 60ml rice wine vinegar
- 2 Tbsp ginger, freshly minced
- 2 Tbsp soya sauce
- 1 Tbsp garlic, freshly minced

**Method:**
1. In a bowl, mix all the ingredients for the dressing together.
2. On a sushi mat, place the seaweed flat.
3. On the one end of the seaweed, layer the filling ingredients.
4. Dampen the edges of the seaweed with water then roll up tightly.
5. Serve with the dipping sauce.

**SERVING SUGGESTIONS:**
Add Salmon sashimi or steamed prawn's