



Vegetarian Sushi with Peanut Wasabi Sauce (OP W)

Serving: 1

Veg

Ingredients

- **For The Peanut Wasabi Sauce:**
- 1/2 tsp chopped garlic (lehsun)
- 1 tbsp roasted peanuts
- 1/2 tsp sugar
- 1 green chillies
- 1/2 tsp lemon juice
- salt to taste
- **For The Sushi :**
- 1/4 cup crumbled low-fat paneer
- 1/4 tsp ginger-green chilli paste
- 1 tbsp low-fat milk
- 1/4 tsp freshly ground black pepper (kalimirch) powder
- 12 big- size spinach (palak) leaves
- 1 boiled baby corn , cut into thin strips or 1 tbsp , peeled , boiled and cut into thin strips
- 1/4 carrot , peeled , boiled and cut into thin strips
- 1/4 cucumber , peeled and cut into thin strips
- 1/4 beetroot , boiled , peeled and cut into thin strips
- 1/2 tsp chopped green chillies
- salt to taste

Preparation Method

- **For the peanut wasabi sauce:**
- 1. Combine all the ingredients along with 2 tbsp of water and blend in a mixer to a smooth paste.
- 2. Refrigerate till use.
- **For the sushi:**
- 1. Combine the paneer, ginger-green chilli paste milk and pepper in a bowl, mix well and keep aside.
- 2. Blanch the spinach leaves in hot water for a while and refresh them with cold water.
- 3. Pat dry each spinach leaf with a tissue or a thin soft cloth.
- 4. Place a butter paper on a dry, flat surface and arrange the leaves such that they overlap each other.
- 5. Spread the paneer mixture on the spinach leaves evenly, leaving a gap of 1/2" from all the sides.
- 6. Place the vegetables at the tapering end of the spinach leaves and sprinkle salt and green chillies over it.
- 7. Start rolling the butter paper, gently pressing it to compress the arrangements.
- 8. As you roll the butter paper, gradually unwrap it simultaneously to expose the spinach leaves.
- 9. Once the sushi has been rolled, use a sharp knife to slice the sushi into rings of 1/2" width.
- 10. Serve immediately with peanut wasabi sauce.



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