



EATSLIM RECIPES

Sushi Rolls with Asian Dipping Sauce©

SERVES 1

Prep: 10 minutes

Cooking time: 5 minutes

Approx Cost: \$5.40 per serve

EATSLIM PRODUCTS NEEDED:

EatSlim Thai Spice

EatSlim Asian Marinade

INGREDIENTS:

130g chicken breast
2 cloves of garlic
2 shallots
*60g of broccoli
¼ cup of fresh mint
*60g of red cabbage
Fresh coriander
*20g of red capsicum
1 long red chilli
1 knob of fresh ginger
1 Nori sheet
1 Mountain bread sheet
2 tspns EatSlim Thai Spice
EatSlim Asian Marinade

METHOD:

1. Slice chicken. Mix EatSlim Thai Spice with a little water to make a paste and baste over chicken slices (leave to marinade for 30 minutes if you can to increase the flavour). Pan fry chicken, 1 clove of crushed garlic & shallots in a lightly oiled pan until brown.(set aside, allow to cool)
 2. Blanch broccoli for 1 minute on high heat in 2 cm of salted water, drain and allow to cool.
 3. Finely chop capsicum, broccoli, mint, red cabbage & coriander.
 4. In a bowl, pour juice of 1 lime & equivalent amount of EatSlim Asian Marinade. Grate in a 1/2 inch piece of ginger, 1 clove of crushed garlic, coriander & mint.
 5. De-seed and thinly slice long red chilli, add slices depending on your personal preference.
 6. Place 1 sheet of Nori on a chopping board, cut 2-3cm off a sheet of mountain bread and place inside on top of Nori, leaving one end of Nori showing. Place a reasonable amount of mixed ingredients across bread and slowly roll. Seal rolls by dabbing a little water on exposed end of Nori and stick down.
(Tip: Do not over fill rolls)
 7. Cut rolls into 4 and serve on plate with dipping sauce.
- *Please adjust weight to personal portion size.

Extra Servings:

The dipping sauce will last for at least 7 days, so refrigerate and seal after use)

You can add any leftovers and make great varieties of these rolls. Also great with EatSlim Chilli Sauce.



SHOPPING LIST:

Nori sheets
Mountain bread
Red capsicum
Red cabbage
Broccoli
Chicken breast
Fresh mint & coriander
Garlic & Shallot
Long mild red chilli
Fresh ginger

© This recipe is copyright of EatSlim™

Ph: +61 (02) 43422970 email: sales@eatSlim.net web: www.eatSlim.net