

Recipe Name: Paneer Mushroom Stuffed Spinach Wrap
Flavoured With Prunes

Diet Type: Vegetarian

Course: Lunch

Cuisine: Continental

Quantity: 1 serving



Ingredients

Ingredient	Quantity
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| • 1/2 teaspoon Extra Virgin Olive Oil | 4 |
| • 1 cup Spinach Basil Sauce - roughly chopped | |
| • 1 Green Chilli - finely chopped | |
| • 1-1/2 cups Whole Wheat Flour | |
| • Salt - salt to taste | |
| • 1 teaspoon Extra Virgin Olive Oil | |
| • 6 cloves Garlic - finely chopped | |
| • 1 Red Bell pepper (Capsicum) - thinly sliced | |
| • 1 Onion - thinly sliced | |
| • 2 Stalks Spring Onion (Bulb & Greens) - finely chopped | |
| • 2 cups Button mushrooms - sliced | |
| • 1 cup Tofu - cut into strips | |
| • 1 teaspoon Soy sauce | |
| • 1 teaspoon Red Chilli sauce | |
| • 1 teaspoon Mixed Herbs (Dried) | |
| • Sunflower Oil - Salt to taste | |

Preparation

- To begin making the spinach wrap, heat oil in a preheated pan on medium heat.
- Add the spinach and green chillies and saute until spinach wilts completely and has softened.
- Once softened turn off the heat and allow it to cool.
- Once cooled, add into a blender to make a smooth puree.
- Into a large mixing bowl, add wheat flour, salt and spinach puree.
- Add a little water if required and knead to make a smooth and firm dough.
- Drizzle a little oil on the top and knead again to make a smooth dough.
- Cover the dough and rest for 5 minutes.



- Divide the rested dough into 4 large balls.
 - Dust the dough in flour, flatten it and roll it into a large 8 inch circle.
 - Place it on a preheated pan and cook on both sides until golden spots appear and puffs up a little.
 - Ensure the spinach roti is well cooked.
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- To make the filling, heat oil in a preheated pan over medium heat.
 - Add garlic, red bell peppers, onion and saute until the onion & peppers are evenly roasted until lightly golden.
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- Set the filling aside to cool a little.
 - To assemble the wrap, place the spinach roti on the flat surface, smear a tablespoon of hung curd on the spinach roti.
 - Spoon a large tablespoon of the roasted vegetables.
 - Once filled, roll to make a wrap and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	40	15	8	5