

## **Sushi-Style Wraps** by the Dairy Kitchen

Serves 4

### **INGREDIENTS**

½ cup Australian extra light spreadable cream cheese

1 tablespoon chopped fresh mint

4 small sheets mountain bread

4 large lettuce leaves, shredded

185g canned tuna in spring water, drained

1 small Lebanese cucumber, cut into strips

1 bunch fresh asparagus, trimmed and blanched

1 small carrot, peeled and thinly sliced with a peeler

½ bunch chives

1/3 cup grated Australian reduced fat cheddar cheese

### **METHOD**

1. Combine cream cheese and mint. Spread thinly over each sheet of mountain bread.
2. Working from the longer edge of the mountain bread, arrange remaining ingredients beside each other in lines.
3. Roll up mountain bread tightly, pressing firmly. Wrap each roll tightly in cling wrap and refrigerate for 15 minutes. Remove, unwrap and slice into "sushi" rounds.

### **TIPS / HANDY HINTS**

TIP: Lay all ingredients neatly and compactly on mountain bread to achieve a sushi effect when slicing. For adults: Try stirring a little wasabi paste and Vietnamese mint through the cream cheese.

