

Nibbly Pig

Stuffed Cabbage Leaves

Ingredients (serves 4)

12 cabbage leaves
200g long grain rice, cooked
1 small onion, finely chopped and pan-fried
1 garlic clove, finely chopped and cooked
2 ripe medium tomatoes, finely chopped
1 tablespoon fresh mint, finely chopped
1 tablespoon fresh parsley, finely chopped
3 tablespoons olive oil
juice of ½ a lemon
400ml tin tomatoes
Salt and freshly ground pepper

Method

Preheat the oven to 180°C.

Remove outer leaves from cabbage and cut out the core.

Remove the leaves and put 12 large ones into a big saucepan of boiling water. Cook for 3 minutes. Drain, and dry. Set aside about 12 leaves.

Combine the cooked rice, pre-fried onion and garlic, parsley, mint, tomatoes, salt, pepper, lemon juice and olive oil in a bowl.

Place one tablespoon of filling at 5 cm away from one end of the leaf. Fold the leaf over the filling and tuck in the sides.

Place the rolls seam side down in a baking dish; pour over the tinned tomatoes so the rolls are semi-covered. Bake in the oven for 20-30 minutes. Cook until the rice is fully cooked.

Serve warm.

