

STUFFED CABBAGE LEAVES

Source: family

Serves 4



- Green cabbage – 1 large
- Quorn mince – 1 small packet
- Brown rice, cooked - 90g
- Sunflower seeds, - 1 TBSP
- Onion, finely chopped - 1
- Garlic, finely copped – 1 clove
- Tomato puree – 3 TBSP
- Maggie seasoning
- Cayenne pepper – to taste
- Salt and pepper – to taste
- Red wine – 1 glass
- Oil for frying

1. Fry onion till transparent, then add chopped garlic.

2. Add the sunflower seeds to the pan and fry till seeds are golden in colour.

3. Add all the rest of the ingredients and cook together for 15 minutes.

4. Keep stirring so the mixture doesn't burn.

5. Don't make the mixture too liquid, as it has to be sufficiently dry and manageable to be rolled up into the cabbage leaves.

6. Discard the outer 2 or 3 leaves from the cabbage. Carefully separate 16 whole leaves, trying not to tear them
Wash and place in boiling water for 3 minutes until slightly softened and pliable. Then remove from the water and leave to cool.

7. With a sharp knife, cut away the sinuous central stem from each leaf, forming a narrow 'V' shaped cut in the whole leaf.

8. Bring the cut edges of each leaf together, reforming it as a complete leaf.

TO STUFF THE CABBAGE LEAVES

- 1.** Bring the cut edges of each leaf together, reforming it as a complete leaf.
- 2.** Place 2 tablespoons of the Quorn mixture at the lower edge of the leaf and carefully roll up leaf and filling, folding in the 2 side edges at the same time.
- 3.** Place each stuffed cabbage leaf in an oven proof dish, folded edge downwards.
- 4.** Pour a little wine or stock (possibly with a little thickening in it) to keep everything moist.
- 5.** Cover with a lid or foil.
- 6.** Bake for 30 minutes to 1 hour.