

VEGAN SAVOY CABBAGE ROLLS



Moderate



50 minutes



Main/Side



04-08 Servings

INGREDIENTS

For the tomato sauce

- 1 teaspoon olive oil
- 2 garlic cloves minced
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 2 400g cans chopped tomatoes

For the walnut meat rice filling

- 155g cooked rice
- 75g walnuts (optional)
- 2 tablespoons olive oil divided
- ½ tablespoon soy sauce or tamari for gluten-free
- 1 onion finely diced
- 1 clove garlic diced
- 1 400g chopped tomatoes
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Salt and pepper
- 8 large savoy leaves
- 1 tablespoon olive oil



COOKING STEPS

Preheat the oven to 400°F / 200°C

Cook the rice according to packet instructions.

For the tomato sauce, heat the oil in a pan over a medium-low heat. Then add the garlic and cook, stirring for 1 minute. Stir in the paprika, cumin and canned tomatoes, bring to the boil then reduce the heat and simmer for 5 minutes.

For the walnut meat rice filling:

Add the walnuts (optional), 1 tablespoon of oil and soy sauce/tamari to a food processor. Whizz until crumbly, but don't over-process it or it will become puree. Heat the remaining oil in a frying pan and cook the onion for 3 minutes until soft. Add the garlic and cook for a further minute. Add the can of chopped tomatoes and their juice, along with the dried thyme and dried oregano. Stir well and bring to a boil. Reduce the heat and simmer for 5 minutes, then stir in the rice and walnut meat and season with salt and pepper. Set aside.

For the cabbage leaves:

Trim the base of the cabbage slightly so you can pull the large leaves off. Cut a slit or 'v' shape through the thickest part of each leaf, in order to roll them up easier. Add the cabbage leaves to a large pot of boiling water and boil for 4-5 minutes or until soft. Drain, rinse under cold water to cool and drain again. Place a leaf with the cut base closest to you. Add a large tablespoonful of the walnut meat filling and roll, tucking the sides in to create a parcel. Repeat with the remaining leaves.

Add the tomato sauce to a large oven safe baking dish. Place the stuffed cabbage rolls in, cut seam side down. Drizzle the rolls with the oil. Place the dish into the oven and bake for 20-25 minutes or until heated through and the sauce is bubbling.