



*Herbi Raw*

HOLISTIC HEALTH + CONSCIOUS COOKING



## Cabbage Wraps

*Tanita, owner of Hout Bay's Herbiraw, aims to inspire folks to eat more plants and to lead a more conscious lifestyle. We invited her to give us a creative recipe using our Love in a Bowl cabbages.*

*This week's vegetable*



# CABBAGE WRAPS

Stuffed with mushrooms in a tomato & basil sauce

Servings: 6  
Prep time: 1hr  
Cooking time: 35min

## Ingredients:

1 x cabbage head

## Lentil + rice

30g long grain brown rice (or any preferred rice)

30g split orange lentils

1/2 veg stock cube

1 bay leaf

Cracked black pepper

## Mushroom mix

200g mushrooms, chopped

70g aubergine, chopped

2tbsp olive oil

1/4 onion, diced

1 garlic clove, diced

2 dried thyme sticks

2 tsp oregano

cracked black pepper

1 tbsp tomato paste

3tbsp soya sauce

40g bread crumbs - or pop 2

slices of bread in the toaster

and blitz in a blender until it resembles bread crumbs.

## Tomato sauce

2 tsp olive oil

1/2 onion

1 garlic clove

Pinch turmeric (for Colour)

2 tsp smoked paprika

Handful fresh basil

2 tsp capers

1 tsp honey

1 can diced tomato

1 cup veg stock

## Optional toppings

Feta

Basil pesto

Sprouts

## METHOD

1. Preheat the oven to 180 degrees
2. In a small pot, add the rice and lentils. Rinse until the water is clear then add the bay leaf, pepper and stock cube. Cover the rice with water and boil on medium heat for 10 to 15 minutes.
3. For the mushroom mix: in a Frying pan, add the oil, onion, garlic, thyme, oregano and black pepper. Once the onion is translucent, stir in the mushrooms and aubergine. Allow to cook for about 10 minutes. Add the tomato paste and soya sauce, mix well and allow to cook until the mushrooms and aubergine is cooked all the way through. Add to a blender with the breadcrumbs and pulse 3 or 4 times until the mixture is crumbly. Add this mixture to the cooked lentils and rice.
4. Tomato sauce: in a frying pan, heat the olive oil, onion, garlic, turmeric, paprika, and capers together. Once the onion is translucent, add in the fresh basil and allow to cook until the onion is golden. Stir in the diced tomato, veg broth and honey. Allow the tomato sauce to cook for about 15 minutes.
5. Gently peel off the individual cabbage leaves by cutting the stem of each leaf off at the base of the cabbage. Bring a pot of water to a boil. Steam for 3 minutes then allow to cool.
6. To assemble: Spread a few Spoons of the tomato sauce at the bottom of a baking dish. Place a cabbage leaf on a board and cut a triangle in the stem of each cabbage leaf. Use about 3 heaped tablespoons of the mushroom, lentil and rice stuffing. Begin to roll the cabbage leaves from the bottom. Fold in each side and roll over again.
7. Add all the rolls to the baking dish and top with the remainder of the tomato sauce. Bake in the oven for 30 to 35 minutes until the tomato sauce has reduced and the cabbage has a golden glow. Serve with the optional toppings.



**HERBIRAW**

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