

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S STUFFED CABBAGE LEAVES

 **Prep:** 15 minutes

 **Cook:** 40 minutes

 **Serves:** 4

INGREDIENTS:

- 4 large savoy cabbage leaves
- Drizzle olive oil
- 12 cherry tomatoes
- 4 spring onions
- 4 mushrooms
- 1 glove garlic, crushed
- Handful fresh mint
- 2 tablespoons tomato puree
- ½ tin chopped tomatoes
- 150g cooked brown rice or quinoa
- juice and zest of 1 lemon
- 4 tablespoons water
- Freshly ground black pepper
- Pinch of **LoSalt**

METHOD:

1. Start by removing 4 outer leaves from the Savoy Cabbage and popping them in boiling water for 8 minutes.
2. Meanwhile slice the spring onions, finely chop the mushrooms and cherry tomatoes, slice the mint, grate the garlic and zest the lemon.
3. Once the cabbage leaves have cooked for 8 minutes, remove from the heat, drain and set aside.
4. Over a medium heat, using a non-stick frying pan, drizzle a little olive oil and sauté the spring onions, garlic, lemon zest, mushrooms and cherry tomatoes for 4-5 mins.
5. Season with Black pepper and a pinch of **LoSalt**.
6. Next add the cooked brown rice or quinoa (or a mixture of both), the juice of 1 lemon, 2 tablespoons of tomato puree and 4 tablespoons water. Finally add the chopped mint and remove from the heat.
7. Pre-heat the oven to 180°C.
8. Now take the cooked cabbage leaves and cut away any tough stalks.
9. Divide the vegetable mixture between all 4 leaves, and wrap into tight parcels.
10. Place in an oven proof dish and cover with ½ tin of chopped tomatoes.
11. Oven bake for 20 mins. Serve hot as a light meal or side dish.

If you take some types of medication that affect potassium levels, **LoSalt** and other reduced sodium salt alternatives may not be suitable for you. Check with your GP for advice