



JERNEJ KITCHEN

SAVOY CABBAGE ROLLS WITH LENTILS

Savoy Cabbage Rolls with Lentils is a delicious meatless, vegan meal that will keep you full for hours. It's light and delicious.

SERVES	6	PEOPLE
PREPARATION:	30	MINUTES
BAKE:	40	MINUTES
TOTAL TIME:	1	HOUR 10 MINUTES

LENTIL SAUCE

- 1 tbsp olive oil
- 1/2 onion
- 1 celery stalk
- 1 carrot
- 1 garlic clove
- 1 tsp tomato paste
- 1/2 tsp thyme, 1/2 tsp oregano
- 1 bay leaf
- 250 g (1 1/4 cup) brown lentils
- 350 g (1 1/2 cup) tomato passata
- 500 ml (2 cups) water
- 1/2 tsp chopped parsley, to serve
- 50 g (1/4 cup) long grain rice

CABBAGE ROLLS

- 1 large savoy cabbage (12 large leaves)
- 14 oz canned diced tomatoes
- 1 tsp oregano
- 1 tbsp olive oil
- 250 ml (1 cup) water

PREPARATION

Add dried lentils to a bowl. Cover with water and set aside overnight.

COOK THE SAUCE

Place a large skillet over medium-low heat. Add olive oil and diced vegetables. Saute for 5 - 8 minutes until the vegetable softens. Add tomato paste, thyme, oregano, and bay leaf to increase the heat. Saute for another 2 minutes, then add the drained lentils, tomato passata, and water. Cover with a lid, lower the heat to medium-low, and cook for 20 minutes. Add the rice and cook it covered for 20 - 30 minutes or until the rice and lentils are cooked. Season to taste with salt and pepper.

ROLLS

Clean the cabbage and arrange 12 leaves on a plate. Place a large, deep pan over medium-high heat. Blanche the leaves in hot, boiling water for 30 seconds, then immediately transfer to cold water to stop the cooking process. Using a knife, remove the thick rib but keep the leaves intact. Add two generous tablespoons of lentil filling and wrap tightly, like a burrito.

BAKE

Set a rack in the middle of the oven and preheat it to 210 °C / 410 °F. Prepare a large deep baking dish 25 cm x 30 cm / 10-inch x 12-inch. Add diced tomatoes, oregano, olive oil, salt, and pepper to the baking dish. Stir to combine. Arrange the cabbage rolls over the sauce in a single layer. Drizzle with olive oil and cover with aluminum foil. Place in the oven and bake for 20 minutes at 210 °C / 410 °F, then remove the foil and bake for another 15 - 20 minutes.

TOOLS AND EQUIPEMENT

Sponsored

SERVE

bowl
large pan
cutting board
kitchen knife
baking dish

Divide the Savoy Cabbage Rolls with Lentils between six plates and serve with the tomato sauce. Optionally add a dollop of sour cream, greek yogurt or coconut yogurt (vegan). Sprinkle with chopped walnuts and serve.