



# Baked Vegetable Cabbage Parcels Recipe

Serve: 5

## INGREDIENTS

50g Long Grain Rice (cook and drain)  
500g Tomatoes  
75g Red Onions (peeled, wash and slice)  
50g Blue Stilton Wedges  
20ml Vegetable Cooking Oil  
75g Red Peppers (core and slice)  
1 Cabbage (trim leaves individually, trim the stems)  
2g Ground White Pepper  
2g Salt  
50g Cooking Onions (peel, wash and chop)  
1 Garlic (peel and crush)  
25g Tomato Paste  
20g Oregano  
100g Leeks (trim, slice and wash)  
100g Carrots (peel, wash, cut julienne)



## METHOD

1. For the sauce heat 10ml oil in a pan.
2. Sweat the white onion, tomato paste and garlic then add the chopped tomato and oregano.
3. Season with 2g white pepper, 1g salt then simmer and blitz smooth.
4. Blanch then refresh the cabbage leaves.
5. Heat in a pan 10ml oil then sweat the red onion, peppers, leek and carrot.
6. Stir in the rice then season with 1g pepper and 1g salt.
7. Mix together with 100g of the tomato sauce.
8. Fill the cabbage leaves with the vegetables and crumble the stilton over the vegetables.
9. Roll the leaves, tucking in the ends then arrange the rolls into a deep tray.
10. Cover with the tomato sauce and place into a hot oven, 180C/gas 4 for approx 25 minutes.
11. Ensure the correct core temperature is achieved for service.