

Unwrapped cabbage rolls in tomato sauce

Total time **65 mins** 20 mins preparation time 45 mins cooking time

Nutritional facts (per portion):
3,586 kJ / 857 kcal

Fat: **39 g** Protein: **38 g**
Carbohydrates: **83 g**

INGREDIENTS

2 portion(s)

Cabbage rolls:

1 small onion
100 g button mushrooms
2 tbsp rapeseed oil
170 g white cabbage
150 g cooked basmati rice
200 g minced chicken or turkey
1 medium egg
4 tbsp Kikkoman Panko - Japanese style crispy bread crumbs
2 garlic cloves
2 tbsp Kikkoman Naturally Brewed Soy Sauce
2 tbsp dried marjoram
0.33 tsp black pepper
0.33 tsp salt

Additional:

4 tbsp Kikkoman Panko - Japanese style crispy bread crumbs
3 tbsp rapeseed oil

Tomato sauce:

125 ml tomato passata
100 ml water
2 tbsp Kikkoman Naturally Brewed Soy Sauce
2 tbsp whipped cream
2 tsp sugar
1 tsp herbes de Provence
1 tsp dried basil
2 pinch of black pepper

Garnish:

PREPARATION

Step 1

1 small onion - **100 g** button mushrooms - **2 tbsp** rapeseed oil - **170 g** white cabbage - **150 g** cooked basmati rice - **200 g** minced chicken - **1** medium egg - **4 tbsp** Kikkoman Panko - Japanese style crispy bread crumbs - **2** garlic cloves - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tsp** dried marjoram - **0.33 tsp** black pepper - **0.33 tsp** salt
Chop the garlic. Finely dice the onion, grate the mushrooms and fry them in heated oil in a pan. Leave to cool and transfer to a bowl. Shred the cabbage in a food processor and add it to the bowl. Add the rice, meat, egg, Kikkoman Panko, garlic, Kikkoman Soy Sauce and spices. Mix until well combined.

Step 2

4 tbsp Kikkoman Panko - Japanese style crispy bread crumbs - **3 tbsp** rapeseed oil
Form 6 patties from the mixture in Step 1 and coat them with Kikkoman Panko. Heat the oil in a pan and fry the patties on both sides until golden brown. Place the patties in a baking dish.

Step 3

125 ml tomato passata - **100 ml** water - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** whipped cream - **2 tsp** sugar - **1 tsp** herbes de Provence - **1 tsp** dried basil - **2 pinch** of black pepper
Mix the tomato passata with water, Kikkoman Soy Sauce, cream, sugar, herbs and spices. Pour the prepared sauce over the cabbage patties and place the dish in a preheated oven at 180 °C (top and bottom heat). Cover and bake for 30 minutes, then

1 handful of fresh basil leaves
2 tbsp chopped parsley
2 slices of wheat bread

uncover and bake for a further 15 minutes.

Step 4

1 handful of fresh basil leaves - **2 tbsp** chopped parsley - **2 slices** of bread

Place the cabbage rolls on a plate, pour the sauce over them and add the basil leaves and chopped parsley. Serve with a slice of bread.