KIKKOMAN

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
Finely dice the onion and 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, mince, egg, Kikkoman Panko, chopped garlic, Kikkoman Soy Sauce, marjoram and seasoning. 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 pepper. 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 patties on a plate, pour the sauce over them and add the basil leaves and chopped parsley. Serve with a slice of bread.