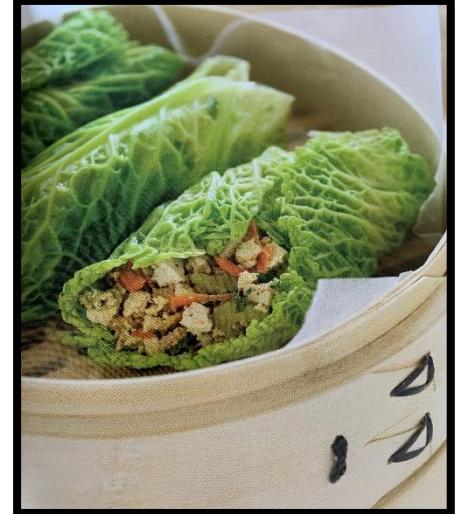


# TURKEY CABBAGE ROLLS

## Ingredients (serves 6):

- ½ purple onion, finely chopped
- 3 cloves garlic, put through garlic press
- 1 cup / 240 ml grated carrot
- 1 stalk celery, finely chopped
- 1 tbsp. / 15 ml extra virgin olive oil
- 2 Turkey breasts (240g), minced
- ¼ cup / 60 ml fresh basil, chopped
- ¼ cup / 60 ml fresh parsley, chopped
- 3 tbsp. / 45 ml gluten free tamari sauce
- 3.8 L water
- 6 large green or savoy cabbage leaves

*(have a few extra leaves handy in case one gets damaged while cooking)*



## Instructions:

1. In a large frying pan, sauté onion, garlic, carrot and celery in olive oil.
2. Add the minced turkey to the frying pan.
3. Add the herbs.
4. Cook a few minutes until heated through.
5. Add tamari sauce and mix well. Remove from the heat and set aside.
6. In a medium saucepan, bring the water to a boil. Place the cabbage leaves into the boiling water. Reduce the heat and let the cabbage cook briefly until it just changes colour. Remove from the water and set on a paper towel to drain.
7. Divide the turkey mixture equally among the six cabbage leaves. Roll the cabbage carefully so that the turkey mixture doesn't fall out and the leaves split.
8. Place the cabbage rolls in steamer baskets and steam for 10 minutes. If you don't have a steamer you can also use a grill pan to grill the rolls with a little bit of melted coconut oil.
9. Serve hot!

