



## RECIPE OF THE WEEK: 26/09/2022

### Cabbage Rice with Tomatoes (Lahanorizo Kokkinisto)

This is a simple dish to prepare but it is tasty and nutritious. It is a good accompaniment for meat, fish and seafood dishes but it can be eaten on its own with feta or yoghurt.

#### Ingredients

##### (Serves 4-5)

3 tbsp olive oil  
2 medium onions, finely chopped  
1 garlic clove, finely sliced  
250g cabbage, shredded or cut into chunky pieces  
1 tbsp tomato puree  
500g ripe tomatoes, skinned, de-seeded and finely chopped or 1 x 400g canned tomatoes, drained and finely chopped  
875ml water or vegetable stock  
juice and zest of 1 lemon  
250g long grain rice  
1 small bunch of flat leaf parsley  
1 small bunch of dill, finely chopped  
875ml water  
sea salt and finely ground black pepper



#### For serving

a little extra virgin olive oil  
finely flat-leaf parsley and dill, chopped

#### Method

1. Heat the olive oil in a large, wide casserole until hot but not smoking and fry the onion for 3 minutes until soft and golden. Add the garlic and sauté for 1 minute.
2. Stir in the cabbage and tomato puree and sauté for 5-6 minutes until the cabbage reduces its volume by half.
3. Stir in the tomatoes and water or vegetable stock and cook for 10 minutes, stirring occasionally with a wooden spoon.
4. Add the rice and herbs and season to taste. Cover and cook for 15-20 minutes until the rice is cooked and it is light and fluffy.
5. Serve hot on plates. Sprinkle with a little extra virgin-olive oil, flat-leaf parsley and dill.
6. Sprinkle with the juice and zest of a lemon at the end of cooking.
7. Serve with feta, yoghurt or as a side dish with meat and all fish dishes.

NOTE: You may substitute the cabbage with finely chopped leeks, carrots and celeriac, using the same method.