



# Thai Cabbage Roll with Tahini Dip

Serves 2

Cabbage is antioxidant rich, especially in vitamins A, C, E and K; also rich with B vitamins and calcium, potassium, iron, iodide and sulphur. The nutty flavour of tahini and sesame seeds provide a rich source of unsaturated fats and blood enriching nutrients, iron and folic acid. The cabbage leaves encase a medley of tasty fresh vegetables, mushrooms, sesame seeds and herbs, together creating a wonderful blood building tonic.

## Ingredients

|                                 |          |
|---------------------------------|----------|
| Cabbage leaves (large)          | 8 leaves |
| Cabbage, finely shredded        | 350 g    |
| Glass noodles                   | 80 g     |
| Carrot, finely shredded         | 150 g    |
| Shitake mushroom, finely sliced | 30 g     |
| Chinese celery, finely sliced   | 15 g     |
| Spring onion, finely sliced     | 15 g     |
| Vegetable stock                 | 60 ml    |
| Pepper, black                   | To taste |
| Chives string, blanched         | 8 pieces |
| Sea salt                        | Pinch    |
| Sesame oil                      | 3 ml     |
| Sesame seeds white/black        | 1 g      |
| Garlic                          | 2 cloves |

## Tahini Dip:

|            |       |
|------------|-------|
| Tahini     | 30 ml |
| Sesame oil | 15 ml |
| Lime juice | 20 ml |

## Method

1. Begin by preparing the tahini dip. Use a blender to mix the tahini and lime juice, then slowly pour in the sesame oil as you continue to blend.

2. Blanch the cabbage leaves, a couple at a time, for a few seconds in boiling salted water and cool down immediately in ice water. Remove from ice water and dry thoroughly with a paper towel. Cut out the hard stem and discard.



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### Method

3. Take a pan and heat the vegetable stock, then add the garlic, glass noodles, shredded cabbage, carrot and shitake mushroom. Cook until the liquid has been completely reduced, stirring frequently. Add the celery and spring onions, stir through and then remove from heat.
4. Add the sesame oil, sesame seeds and season with sea salt, pepper
5. To make the wraps, take two blanched cabbage leaves and layer them on a cutting board. Place a quarter of the filling in the centre and then fold up carefully. The easiest way to tie them is to take a small bowl and place the blanched chives in the bowl in a cross shape. Place the folded wrap on top, and then tie the chives to secure.
6. Place the wraps in a steamer and cook until heated through (3-5 minutes). Serve with the tahini dipping sauce.

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