

# Asian Inspired Stuffed Cabbage Rolls

Prep Time: 45 minutes

Cook Time: 30 minutes

Total Time: 1 hour 15 minutes

Servings: Approximately 6

## INGREDIENTS

### Wrap and Filling for the rolls:



- 2 cups of cooked rice (I use Jasmine, but you can use brown, sushi, basmati, etc.)...cook before the meeting. 1 cup of dry uncooked rice will yield between 2 and 3 cups of cooked rice. \*\*\*Cauliflower rice can also be used in this recipe for a low carb friendly meal
- 1 head napa cabbage (others can be used: savoy, red/purple, green, white, pointed, Jaroma, etc.) roughly 2 pounds
- 1 medium carrot finely diced or shredded (about ½ a cup)
- 8 button mushrooms diced (about 4 ounces or 1 cup diced mushrooms)
- 1 finely diced onion - about 1 cup +/- (can be any variety you prefer such as yellow, white, red, scallions etc.)
- 3 cloves of garlic minced, about 1 TBS
- 2 TBS minced fresh ginger or ½ to 1 teaspoon ground ginger (ground spices can vary in flavor or potency, so start with a little and add more if needed)
- 1 pound ground pork or (turkey/chicken)...if you would prefer meatless then use 2 medium diced bell peppers
- 2 TBS canola oil (or other oil)
- 2 TBS Soy Sauce (tamari or coconut aminos can also be used for gluten free)
- ½ teaspoon each of sea salt, ground pepper, and onion powder
- ¼ teaspoon crushed red pepper flakes to taste
- 2 eggs (optional) This is good even without eggs
- Cooking spray

### Sauce:

- 1 teaspoon oil (such as sesame oil, canola, vegetable, coconut, etc.)
- ½ TBS ginger minced (1/8 teaspoon ground ginger can be used)
- 2 garlic cloves minced
- 1 ½ TBS soy sauce (tamari or coconut aminos can be used for gluten free)
- 1 TBS rice [wine] vinegar (or apple cider vinegar)
- ¾ TBS maple syrup or 1 teaspoon honey
- ½ cup water
- ½ TBS cornstarch
- Salt, pepper, crushed red pepper flakes, smoked paprika to taste

### Garnish:

- Sesame seeds (optional) [which come in a variety of colors: black, brown, tan, gray, gold, and white]

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## INSTRUCTIONS

1. Cook the rice according to the directions if it is not already precooked. Keep in mind that brown rice and wild rice do tend to have longer cooking times. Pre-cooking the rice before assembling this recipe saves time.
2. Preheat the oven to 375.
3. Meanwhile, cut the end off of the cabbage and peel away the first layer or two if slightly wilted or unusable. Then peel away approximately 10 to 12 more leaves of relative size. Rinse and pat dry with a paper towel. Certain varieties of cabbage have a very thick center 'rib' on each leaf and you may need to run a knife down the flat part of each leaf to 'thin out' the stem if it is quite thick. This will make the leaf more pliable for rolling. Set the leaves aside.
4. Shred, chop and/or mince the other veggies [carrot, mushrooms, onion, garlic and ginger]. The carrot can be shredded using a grater. If using fresh ginger, you can buy it pre-minced or if using whole ginger root then peel and mince it in this step.
5. In a large skillet, heat the 2 TBS of canola oil and add the carrots, mushrooms, onion and garlic. Sauté for 4 minutes until the vegetables begins to soften. Add in the ground pork [turkey/chicken] and ginger. Mix the ingredients, distributing them evenly to cook thoroughly in the pan. Once the meat is fully cooked through, add in the rice, soy sauce [coconut aminos/tamari], and spices [salt, pepper, onion powder and crushed red pepper]. Mix thoroughly until well blended. Ground pork should be cooked to a temperature of 160 degrees F and ground poultry should be 165 degrees F.
6. (Optional) If you are adding the eggs, crack the two eggs in a small bowl and beat them with a whisk or fork. Then add the eggs to the pan, stirring well to ensure that everything is well mixed. Remove the skillet from the heat and allow to cool slightly.
7. Lightly spray a baking dish with cooking spray.
8. Lay a cabbage leaf on a flat prep surface. Scoop 2 to 3 spoonfuls of the mixture into the center of each cabbage leaf towards the stem end. Fold the sides and the top over the filling like a burrito and roll it up. Place roll, seam side down, on the baking dish. Repeat this process for the remaining filling and cabbage leaves. If more cabbage leaves are required then repeat the cabbage leaf process in step 3.
9. Cover the baking dish with aluminum foil and bake in the oven for 30 minutes.
10. While the rolls are baking, in small saucepan, heat the sesame oil [or other oil] on medium heat, add the ginger, garlic, soy sauce [tamari/coconut aminos], rice vinegar [apple cider vinegar], and maple syrup [honey]. Let it cook for about 1-2 minutes, stirring. Reduce the heat if necessary. In a separate small bowl, mix the water with the cornstarch to make a slurry, then pour it into the saucepan. Add the spices and cook the sauce for a few more minutes until thickened, stirring often.
11. After 30 minutes of baking, remove the foil from the dish, brush each roll with some of the sauce. If you prefer your cabbage more well done then you can return the dish to the oven to bake for another 5-15 minutes until the rolls turn golden in color.
12. Add more sauce and sprinkle with sesame seeds if desired.
13. Serve the remaining sauce on the side for dipping.

**This recipe was modified and adapted from:**

Every last bite [Asian Cabbage Rolls - Every Last Bite](#), Ela Vegan [Vegan Cabbage Rolls - Elavegan | Recipes](#), and Things I made today [Asian-Style Stuffed Cabbage Rolls - Things I Made Today](#)