

Lamb and Rice Curry in Cabbage Leaves

I found some ground lamb on sale at the market and thought, what can I do with this. We had some cabbage left over from a slaw and it came to me – Stuffed Cabbage – sort of.



Well, this is what I came up with. My family told me it was worth sharing, so here you go!

What you need:

- $\frac{1}{2}$ head of red or green cabbage (you will not use it all- I sliced some and sautéed it in butter then served it on the side)
- 1 pound ground lamb

- 1 cup cooked rice (any rice works, but I used white basmati)
- 1 cup chopped mushrooms
- 1 cup chopped onion
- 2 cloves of crushed garlic
- 1 Tablespoon of olive oil
- 2 $\frac{1}{2}$ Tablespoon of butter
- 1 teaspoon garlic salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon curry powder
- 2 Tablespoons balsamic vinegar
- $\frac{1}{4}$ cup crumbled feta cheese



How to Do it:

Bring about $\frac{1}{2}$ cup water to a boil in a large kettle. Cut the cabbage in half and place, cut side down into a pan of water. Cover and simmer about 5 to 10 minutes, until the cabbage is soft enough to separate the leaves.



Carefully remove 4 large leaves then set the pan aside, covered to keep warm.



Melt $\frac{1}{2}$ tablespoon of the butter with the olive oil over medium

heat. Add the onions and sauté for one minute, until the onions are slightly softened. Add the lamb, crumbling and cook until it is browned.



Stir in the rice, garlic salt, pepper and curry powder. Add the mushrooms and garlic and mix well.



Melt the remaining butter and whisk with the balsamic vinegar
Place $\frac{1}{4}$ of the meat mixture in each of the four cabbage leaves.



Drizzle the butter and vinegar mixture over the top then sprinkle the feta evenly over it all – and serve.



Makes 4 servings