

Healthy Iraqi Vegetarian Dolma



Ingredients

Vegetables to stuff:

- ❖ 500g vine leaves
- ❖ 6 zucchini
- ❖ 4 long capsicum
- ❖ 6 onions
- ❖ 4 tomato
- ❖ 4 eggplant

Dip:

- ❖ 500g low fat natural yoghurt
- ❖ 1 bunch mint

Filling:

- ❖ 5 tablespoons olive oil
- ❖ 1 kg brown basmati rice
- ❖ 1 garlic bulb
- ❖ Onion (leftovers from above onions)
- ❖ 1 ½ large cans of crushed tomatoes
- ❖ Black pepper, to taste
- ❖ Mixed spice, to taste
- ❖ 8 lemons
- ❖ 1 large jar of tomato paste
- ❖ 500g frozen broad beans
- ❖ 1kg frozen mixed vegetables
- ❖ 1 bunch parsley

Method

1. Core and halve the zucchini, capsicum, tomatoes and eggplants
2. Loosen the onion layers (either in microwave or by hitting onions together) and remove 4-5 layers, keeping them intact
3. Chop the remaining onion and garlic mix with rice, tomato paste, pepper, mixed spice, four lemons, parsley, mixed vegetables and 1-2 tablespoons oil
4. Use this mixture to stuff the vegetables and vine leaves – do not stuff the vegetables too full and make sure the vine leaves are rolled tight
5. Place broad beans on bottom of pot with 1-2 tablespoons of oil
6. Layer the stuffed vine leaves and then the stuffed vegetables
7. Add water and the juice from four lemons
8. Cover and cook until rice is done
9. Serve with Iraqi bread and yoghurt dip