MIDDLE EASTERN · SNACK

Lebanese Vegetarian Stuffed Grape Leaves

210 min · Makes 12 × 5 rolls · 276 kcal a portion · Video 4:39 · Feelgoodfoodie

Vegan · Gluten-free ingredients · No nuts listed

A vegan meze of rice, herbs and vegetables wrapped in vine leaves and slow-cooked in olive oil and lemon, with no added sugar. Each 5-roll serve gives about 275 kcal, mostly from the rice and olive oil.

Diet notes: Low saturated fat (2 g, 7% of the energy).

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Ingredients 14 · MAKES 12 × 5 ROLLS

- [ ] 1 jar **grape leaves** in brine (about 60 leaves, roughly 240 g), rinsed and soaked
- [ ] 400 g **short-grain rice**, uncooked (cooks inside the leaves)
- [ ] 1 large **tomato**, finely chopped (about 140 g)
- [ ] 1 bunch **parsley**, finely chopped (about 30 g)
- [ ] 1 bunch **green onions**, finely chopped (about 50 g)
- [ ] ¼ **green bell pepper**, finely chopped (about 35 g)
- [ ] 1 tbsp minced **garlic**
- [ ] 2 tsp **crushed red pepper**, or to taste
- [ ] a pinch of **dried mint**
- [ ] **salt**, to taste, for the filling and each layer (about 1 tsp in all: the brined leaves are already salty)
- [ ] **black pepper**, to taste
- [ ] 180 ml **olive oil**, divided
- [ ] 1 large **tomato**, sliced (to line the pot)
- [ ] 180 ml **lemon juice**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the grape leaves, soak them a few minutes in a bowl of boiling water, drain and stack them. Cut out any thick stems. 0:52
2. Mix the uncooked rice with the chopped tomato, parsley, green onions, green pepper, garlic, crushed red pepper, mint, salt and pepper. Stir in 60 ml of the olive oil. 0:59
3. Lay a leaf flat, vein side up, put about 2 teaspoons of filling in a line near the stem end, fold in the sides and roll up firmly but not too tight (the rice swells). Repeat to make about 60 rolls. 1:51
4. Line a large pot with the tomato slices and season. Pack the rolls in tightly in layers, alternating direction, drizzling each layer with some of the remaining 120 ml oil and a little salt and pepper. 2:37
5. Weigh the rolls down with an upside-down plate, add 1.2–1.4 L of water to cover, put the lid on and cook on medium heat 30 minutes, until most of the water is absorbed. 3:11
6. Pour over the lemon juice and cook on low heat 45 minutes more. Rest 30 minutes, then serve warm or at room temperature. 3:40

> **Tip** The cook counts 8 serves; we count 12 snack serves of 5 rolls. Rinse the leaves well: their brine is very salty. Keeps up to 5 days in the fridge and is good cold. Rolling takes time, so get friends or family to help.

The method is a summary in our words — the video shows every step.

One portion (5 rolls) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
276 kcal	4.1 g	34 g	3.2 g	14 g	770 mg
1,160 kJ	8% of a day	31 g net · 1.4 g sugars	11% of a day	2 g saturated	33% of a day
		12% of a day		18% of a day	

Energy from net carbs 47% · protein 6% · fat 47%

High in (20%+ of a day) Vitamin K 67% · Vitamin C 21%

Source of (10–19%) Vitamin E 18% · Selenium 15%

Recipe and video: Feelgoodfoodie (@Feelgoodfoodie) on YouTube — youtube.com/watch?v=M8dppJyZdUc, published 16 December 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lebanese-vegetarian-stuffed-grape-leaves