



Thyme

Fresh basil

Ground black pepper

Salt (skip in case of hypertension or fluid retention)

# Soy and rabbit Cabbage wraps

## Ingredients (serves 2)

100 g soy beans

250 g rabbit cut into eighths

1 l water or vegetable stock

½ red pepper

2 tbsp tomato sauce

4 green cabbage leaves

2 garlic cloves

1 tsp honey

Balsamic vinegar

Extra virgin olive oil

## Method

1. Wash the soy beans multiple times in water and cook in a pot with abundant water or boiling stock for forty to fifty minutes. When tender, strain and set aside.
2. Separately wash and blanch the cabbage leaves in boiling water for five minutes. Cool, strain and cut off the central stem of each leaf, keeping them as whole as possible to be able to do the wraps. Reserve.
3. Clean and chop the garlic and pepper. Season the rabbit meat with salt and pepper.
4. Sauté the rabbit meat in a saucepan with a splash of virgin olive oil. Reserve.
5. In the same oil, brown the garlic and the pepper. Add the tomato sauce and sautéed onions, rabbit, thyme, and a splash of the stock. Lower the heat, cover, and cook slowly until very tender.
6. Once cooked, remove from the heat, and set the rabbit pieces aside until they are lukewarm and then shred the meat using your hands making sure that there are no bones. Place in a bowl.
7. In the same bowl, add the reserved soy beans and a bit of the vegetables. Stir and season with salt and pepper.
8. Remove the thyme from the remaining sauce in the pan and add honey and vinegar and bring to the boil. Stir until it has a syrupy consistency.
9. Add a bit of the sauce in the bowl with the rabbit and the soy. Stir to combine. Save the rest of the sauce in the same pan.
10. On a flat surface, spread the cabbage leaves and place a portion of the filling in the middle. Fold the cabbage leaves to form a wrap.
11. Place the wraps in the same pot with the rest of the sauce, add the basil and cook for two more minutes. If necessary, add more stock.
12. Heat up and serve with a drizzle of olive oil on top.