

# curried cabbage pillows



**Makes 8 pillows**

## For the wrappers

Make 2 batches of this wrapper recipe for 8 pillows.

5 cups (4 medium) peeled courgette (zucchini)

3 tablespoons olive oil

2 teaspoons lime juice

½ teaspoon cayenne

1 teaspoon ground coriander

½ teaspoon salt

¼ cup flax meal\*

\*Flax meal is flax seed that have been ground in a coffee grinder or similar, to produce a fine flour.

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Add flax meal and blend again until smooth.
- ❖ Pour mixture onto a non-stick dehydrator sheet and spread evenly into a square. you can choose the size, but for the ones in the photo the mixture was spread 26cm x 26cm square.
- ❖ Dehydrate for 8 hours at 105°F, or until able to peel off the sheet.
- ❖ Once the dehydrator sheets are removed, return to the dehydrator for 30 mins, until both sides are dry to the touch but still pliable.

## For the filling

5 cups white cabbage, shredded

6 spring onions (green onions)

2 teaspoons cumin

2 teaspoons ground coriander

¼ cup cold pressed sesame oil

1 tablespoon toasted sesame oil (optional)

1 teaspoon salt

2 tablespoons tamari

2 teaspoons lime juice

2 cloves garlic, crushed or minced

2 red Thai chilies, deseeded and minced

2 tablespoons agave nectar

3 tablespoons tamarind paste\*

1 cup fresh coriander (cilantro), roughly chopped

- ❖ Combine all ingredients thoroughly in a bowl.

\*Tamarind paste can be made by soaking 100g tamarind in ½ cup water until it goes soft (the seedless type you can buy is a packet in fine for this) and straining through a sieve. If you don't have any tamarind available, simply leave out.

*Continues overleaf*



### To assemble

- ❖ Cut each dehydrated wrapper square, which should be still pliable, into 4 equal squares.
- ❖ Start with one of those smaller squares in front of you so that one corner is close to you.
- ❖ Place a good amount of the filling mixture into the centre of the square.
- ❖ Fold up the corner that is closest to you into the centre, then fold up the left and right corners so that you form an envelope.
- ❖ You will need to wet the edges as you go along so they stick in place.
- ❖ Fold down the final corner, as if you were closing an envelope and use water to stick it down (you will find that you'll get better at this the more you do).
- ❖ Place on a dehydrator mesh tray.
- ❖ When all 8 are done, return to the dehydrator for a further 1 to 2 hours at 105°F. Serve with dipping sauce.
- ❖ Dehydrate any left-over cabbage mix until crispy; it makes a great addition to any salad.

### For the dipping sauce

1 cucumber, peeled

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1 mango, skin removed

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¼ teaspoon salt

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1 teaspoon lime juice

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1 spring onion (green onion), finely chopped

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1 small handful fresh coriander (cilantro)

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- ❖ Blend all ingredients, except spring onions, until smooth.
- ❖ Add most of the spring onion and all the coriander and pulse in.
- ❖ Pour sauce into a small bowl and top with remaining spring onion.

