



DOLMAS (STUFFED VINE LEAVES) WITH QUINOA, PRAWNS AND TOMATO SAUCE

30 min 1 h 40 min medium 6 servings (66 dolmades)

INGREDIENTS

Dolmas

200 g vine leaves, frozen
4 spring onions, finely chopped
1 red bell pepper (110 g), cut in 6
1 yellow bell pepper (110 g), cut in 6
10-15 leaves fresh mint
10-15 leaves fresh parsley
100 g olive oil
2 onions, cut in 4
3 cloves garlic
200 g quinoa
300 g cocktail prawns (small prawns)
400 g chopped tomatoes, canned
70 g ouzo
1 tsp dill
1 tsp thyme
75 g pine nuts
40 g lemon juice (1 lemon)
1 tsp salt
1 tsp pepper

Sauce

150 g water
60 g olive oil
400 g chopped tomatoes, canned
70 g ouzo
40 g lemon juice (1 lemon)
70 g tomato paste
1 tsp salt
1 tsp pepper
2 tbsp vegetable stock paste

PREPARATION

Dolmas

1. Place vine leaves in a large bowl, rinse carefully so that you don't crush them and set aside.
2. Place, spring onions, red bell pepper, yellow bell pepper, mint and parsley into mixing bowl and chop **5 sec/speed 8**. Transfer into a bowl and set aside.
3. Place olive oil, onion and garlic into mixing bowl, chop **5 sec/speed 5** and sauté **3 min/120°C/speed 1**.
4. Add quinoa and sauté **5 min/120°C/speed 1**.
5. Add prawns, 200 g chopped tomatoes, ouzo, dill, thyme, pine nuts, lemon juice, salt and pepper and mix **20 sec/speed 3**. Transfer mixture into a bowl and set aside. Clean and dry mixing bowl thoroughly.
6. Stuff vine leaves with 1 tbsp of filling and wrapping them into small rolls. Place dolmades in the Varoma dish and tray, pour remaining 200 g chopped tomatoes on top and set aside.

Sauce

7. Place bell pepper mixture, water, olive oil, chopped tomatoes, ouzo, lemon juice, tomato paste, salt, pepper and vegetable stock paste into mixing bowl and mix **5 sec/speed 3**.
8. Pour on top of dolmades 2-3 tbsp sauce, place Varoma onto position and cook **50-60 min/Varoma/speed 1**.
9. Serve and pour tomato sauce on top.