

Starters

AVOCADO AND CABBAGE PARCELS



- 3 Avocados
- 1 Lemon
- 6 Cabbage leaves
- ½ Onion (chopped)
- ½ Green, red and yellow peppers (finely chopped)
- Salt and freshly ground black pepper

Cube avocados and sprinkle with juice from the lemon to avoid browning

Steam cabbage leaves until they are soft.

Mix the avocados, onions, peppers and season.

Place the cabbage leaves on a board and cut to sizes you prefer.

Place the avocado mixture on the cabbage leaves; fold to form parcels.

Cut off a small piece of the parcel to show what it looks like inside.

Recipe supplied by Sindi Molefe, The Peach Tree Restaurant at Southern Sun The Cullinan.