Cabbage Tomato Rice Hotdish

One rectangular cabbage-rice hotdish, four meals · Active 35 min · Total 1 hr 35 min

Skills: Coordinating separately cooked grain and cabbage before a short covered bake

Ingredients

• 3/4 cup dry long-grain white rice (150 g), rinsed

• About 1 3/8 cups water for rice (330 ml), or packet-specified amount

• 1 tablespoon neutral oil (15 ml)

• 1 small onion, chopped (100 g)

• 1/2 medium cabbage, cored and thinly sliced (500 g trimmed weight)

• 1/2 cup water for cabbage (120 ml)

• 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, with juice

• 1 can cooked lentils, 15 oz/425 g net, drained and rinsed (240 g drained)

• 1/2 teaspoon dried thyme (0.5 g)

• 1/2 teaspoon fine salt (3 g)

• 1/4 teaspoon black pepper (0.5 g)

Set out

Saucepan with lid for rice, Deep wide skillet with lid, at least 4 qt/4 L, 9 x 13-inch/23 x 33 cm baking dish, at least 3 qt/3 L, Foil or fitted oven-safe dish cover, Food thermometer

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Put rice and its separate 330 ml water in the saucepan. Bring to a boil, cover, lower heat and cook for 15 minutes or its packet time, then rest covered off heat for 5 minutes. Check grains are tender. Heat oven to 400°F/200°C.

2. Meanwhile heat oil in the skillet over medium heat. Cook onion for 5 minutes. Add half the cabbage and stir for 3 minutes, then add remaining cabbage and the separate 120 ml water. Cover and simmer gently for 10–12 minutes until cabbage is tender, turning once.

3. Stir in tomatoes with juice, lentils, thyme, salt and pepper. Simmer uncovered for 5 minutes to remove excess loose liquid. Fold in freshly cooked rice and transfer loosely to the baking dish.

4. Cover and bake for 20–25 minutes until the complete dish reaches 165°F/74°C in the center. Remove cover carefully, rest for 5 minutes and spoon into four portions.

Two water measures

The 330 ml rice water and 120 ml cabbage water belong in separate pans. Combining them in one pan changes the method.

Ingredient labels

No major allergen ingredient is deliberately included. Check the actual canned lentils, tomatoes and herbs for added ingredients or cross-contact information; this is not an allergen-free guarantee.

A useful detail

Rice and cabbage cook in parallel before the covered bake. The 95-minute total allows shredding cabbage, full component cooking and the final rest.

Keep it well

Cool rice portions quickly, ideally within 1 hour, and refrigerate at 40°F/4°C or below. Use within 24 hours of the original rice cooking and reheat a portion only once to 165°F/74°C. Freeze promptly cooled portions within that safe window for up to 1 month; thaw in the refrigerator and reheat once promptly. Baking or adding fresh ingredients does not restart the rice clock.