

Stuffed Grape Leaves with Rice, Herbs, and Pine Nuts

Delicate grape leaves filled with fragrant seasoned rice, fresh herbs, and crunchy pine nuts, gently steamed to tender perfection. This classic Mediterranean appetizer delights the palate with its vibrant flavors and delightful texture.



Mediterranean

60 min

Total time

Medium

Difficulty

220

kcal / serving

Ingredients

- 8-10 fresh grape leaves (blanched and drained)
- 1/4 cup long-grain rice (rinsed)
- 1 tablespoon pine nuts
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- 1 tablespoon olive oil
- 1/2 lemon (juice)
- Salt and pepper to taste
- 1/2 cup vegetable broth or water

Steps

- 1 Toast the pine nuts lightly in a dry pan until golden, then set aside.
- 2 In a skillet, heat olive oil over medium heat. Add chopped onion and garlic and sauté until translucent.
- 3 Add the rinsed rice, pine nuts, parsley, dill, salt, and pepper. Stir for 2 minutes.
- 4 Pour in 1/4 cup of vegetable broth or water and cook until the liquid is mostly absorbed (approx. 5 minutes).
- 5 Remove from heat and stir in lemon juice. Allow the filling to cool.
- 6 Place a grape leaf shiny side down on a flat surface. Add about a tablespoon of filling near the stem end.
- 7 Fold sides over the filling and roll up tightly into a small cylinder.
- 8 Repeat with remaining leaves and filling.
- 9 Arrange stuffed grape leaves seam side down in a saucepan, packing them tightly.
- 10 Pour remaining broth or water over the rolls. Place a plate on top to keep them from unrolling.

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Cover and simmer gently for 40 minutes until rice is fully cooked.

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Allow to cool slightly before serving. Enjoy warm or at room temperature.