



Cabbage rolls with tomato sauce

30'

Hands on

120'

Cook Time

6

Portion(s)

2

Difficulty



Ingredients

For the cabbage rolls

- 1 large cabbage
- 1 onion
- 1 clove of garlic
- ¼ bunch parsley
- ¼ bunch mint
- 600 g ground beef
- 1 egg
- salt
- pepper
- 100 g rice, long-grain

For the tomato sauce

- 1 onion
- 2 cloves of garlic
- 2 tablespoons olive oil
- 800 g tomato juice
- 1 vegetable stock
- pepper
- 50 g golden raisins
- ¼ bunch parsley, finely chopped
- ¼ bunch mint, finely chopped

To serve

- 1 tablespoon parsley
- 1 tablespoon mint

Method

For the cabbage rolls

- Place a big [casserole](#), filled with water, over medium-high heat and let the water boil.
- With a small sharp [knife](#), cut the stem of the cabbage lengthwise.
- Put the cabbage into the casserole with water that covers it, and allow 10 minutes for it to boil.
- Carefully remove the cabbage from the casserole.
- By using a carving fork, take out one by one, all the leaves that have softened and that come off easily.
- Let them drain and continue with the rest.

For the tomato sauce

- While the cabbage is boiling, prepare the tomato sauce.
- Finely chop the onion and the garlic cloves.
- Heat the olive oil in a pot placed over medium heat.
- Sauté the vegetables for 2-3 minutes, until golden.
- Add the tomato juice, vegetable stock, and pepper.
- Cover with a lid and simmer for 10-15 minutes.
- Remove from the heat and add the raisins, parsley, and mint.
- Check the spices and set the sauce aside, until needed.

To assemble

- Preheat the oven to 180° C (356° F) set to fan.
- By using a knife, remove the central stem off of 14 leaves, so that they can be rolled more easily.
- Finely chop the rest of the leaves and keep them in a [bowl](#).
- Finely chop the onion, garlic, parsley, and mint, and then add them to the bowl with the cabbage along with the ground meat, egg, salt, pepper, and rice. Mix very well by using your [hands](#).
- Take the cabbage leaves one by one, and in each one place 1 heaping tablespoon of filling in the center, fold its sides inwards and then roll it.

Διατροφικός πίνακας

Nutrition information per portion

419 Calories (kcal)	20.0 Total Fat (g)	7.1 Saturated Fat (g)	31.0 Total Carbs (g)
21%	29%	36%	12%
17.0 Sugars (g)	26.0 Protein (g)	5.3 Fibre (g)	1.3 Sodium (g)
19%	52%	21%	22%

- In a 25x35 cm ovenproof baking dish, spread a layer of the tomato sauce.
- Add the cabbage rolls onto the sauce, one next to the other and with the folded side down. Add the rest of the sauce into the baking dish.
- Cover with aluminum foil and bake for 2 hours.
- Serve with finely chopped parsley and mint.