

# Stuffed Cabbage Rolls

## Ingredients

For the Cabbage Rolls:

- 1 large cabbage (green or savoy)
- 250g minced beef or lentils (for a vegetarian option)
- 120g cooked rice (white or brown)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, grated
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tsp fresh thyme leaves
- Salt & black pepper, to taste

For the Tomato Sauce:

- 1 tbsp olive oil
- 1 tin (400g) chopped tomatoes
- 1 tbsp tomato purée
- 1 tsp dried oregano
- 1 tsp fresh basil, chopped
- ½ tsp smoked paprika (optional)
- Salt & black pepper, to taste



## Directions

1. Bring a large pot of water to a boil. Carefully peel off 10–12 large cabbage leaves.
2. Blanch the leaves in boiling water for 2–3 minutes until soft. Drain and set aside.
3. Heat olive oil in a pan over medium heat. Sauté the onion and garlic until soft.
4. Add the minced beef (or lentils) and cook until browned. Stir in the grated carrot, rice, parsley, dill, thyme, salt, and pepper. Mix well and remove from heat.
5. In a saucepan, heat olive oil and sauté the chopped tomatoes, tomato purée, oregano, basil, smoked paprika, salt, and pepper.
6. Simmer for 10 minutes until slightly thickened.
7. Place a cabbage leaf on a flat surface. Spoon 2–3 tbsp of filling in the centre.
8. Fold in the sides and roll tightly, tucking in the edges. Repeat with remaining leaves.
9. Spread a thin layer of tomato sauce in a large baking dish.
10. Arrange the cabbage rolls seam-side down, then pour the remaining sauce over the top.
11. Cover with foil and bake at 180°C (160°C fan/gas mark 4) for 30–40 minutes.
12. Let them rest for a few minutes before serving. Garnish with extra fresh herbs.