

Raciones para 4

1 Cabbage

1 Onion

2 Carrots

Olive Oil

2 Cloves Garlic

½ Tablespoon Cumin

½ Tablespoon Sweet paprika

2 Tablespoons Tomato purée

200 gr Cooked white rice

100 gr Minced pork

200 gr Minced beef

Fresh parsley

Fresh mint

Salt

Pepper

1 Garlic Clove

100g Tomato purée

Beef stock

1 Preheat the oven to steam mode at 100% and cook the cabbage for 15 minutes. Separate the leaves carefully to keep them whole. Trim the thickest part of the stalk to make the leaves easier to fold later.

2 Sauté the chopped onion and carrots in a saucepan or frying pan with a drizzle of olive oil. Add the chopped garlic and, after a couple of minutes, stir in the cumin and sweet paprika. Pour in the tomato purée and cook for a few seconds. Combine with the pre-cooked rice. Let the mixture to cool, then put it together in a separate bowl with the minced meat, fresh parsley, mint, salt, and pepper.

3 Fill the cabbage leaves with this mixture, forming rolls. In a saucepan with a dash of oil, brown a whole garlic clove. Add the tomato purée and beef stock. Mix well and let it simmer for a few minutes.

4 Place the rolls at the bottom of a shallow casserole or frying pan and cover with the sauce. Cook with the lid on for 15 minutes. Serve the rolls, drizzle with the sauce, and sprinkle a bit of chopped parsley on top.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/rollitos-de-col/>

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