Stuffed cabbage rolls with meat and rice

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/en/receta/rollitos-de-col/