

# FULLY LOADED CABBAGE ROLL-UP BAKE

Serves 4-6

## INGREDIENTS

### For the cabbage roll-up:

- 1 cup Spekko Long Grain Parboiled White Rice
- ½ onion, roughly chopped
- 2 cloves garlic, crushed
- 250g beef mince
- 2 tbsp tomato paste
- 1 tsp sugar
- 1 cup beef stock
- Salt and pepper, to season
- 8 large cabbage leaves

### For the sauce:

- 1 tin (410g) chopped tomato and onion mix
- 1 tsp sugar
- Basil leaves, sliced thinly
- Salt and pepper, to season

## METHOD

### For the cabbage roll-up:

1. Preheat the oven to 180°C and grease a medium baking dish (20x20cm) that has an oven-proof lid.
2. Cook the Spekko Long Grain Parboiled White Rice according to pack instructions, about 20-25 minutes. Remove from the heat and drain when the rice is just undercooked.
3. In a large pot over a medium heat, sauté the onions and garlic until soft, about 3 minutes.
4. Add the beef mince and stir until caramelized, about 3 minutes. Stir through the tomato paste and cook for 30 seconds.
5. Add the sugar and stock and stir well. Bring to the boil and allow to simmer for about 15 minutes. Add the cooked rice and simmer for 3 more minutes, stirring regularly. Ensure the liquid is reduced down and thickened. Season to taste, with salt and pepper.
6. Bring a large pot of salted water to the boil. Drop the cabbage leaves, a few at a time, into the water to simmer for 2-3 minutes or until wilted and pliable. Repeat until all the cabbage leaves are parboiled. Drain on paper towel.
7. Remove the central vein of each cabbage leaf by cutting along both sides of the vein.
8. Overlap the cut ends of two cabbage leaves to prevent the filling from spilling out. Scoop a large spoonful of the rice and mince mixture over the area that overlaps and fold in the sides. Roll the cabbage leaf tightly around the filling to create a neat roll. Place the roll, seam side down, in the baking dish and repeat.

