



Malfouf (Cabbage Rolls)

Challenge 2019 sent in by Marlene

Serves: 1

Prep time: 10 Minutes

Cooking time: 90 Minutes

Ingredients:

- 4 large cabbage leaves, cored + 2-3 smaller cabbage leaves for base
- 120g-150g beef mince
- ¼ cup long grain rice, rinsed
- 1 tablespoon minced garlic
- salt and pepper
- 200g of canned tomato puree
- ½ teaspoon dried mint + pinch extra
- 10g butter, chopped



Thank you Marlene, this hearty winter dish, triggered a childhood memory and I hadn't thought to do it for one

Method:

- Separate the cabbage leaves from the cabbage. Add to a medium saucepan cover with water and bring to a simmer and cook for 25-30 minutes, or until leaves are soft and pliable
- In a bowl, combine rice, beef, ½ tablespoon garlic, salt and pepper to taste and mix to combine
- In a jug combine tomato puree, ½ tablespoon garlic, ½ teaspoon mint, salt and pepper. Stir
- Line base of saucepan with small wilted cabbage leaves to prevent sticking
- Divide the beef into 4 equal parts and lay on the large cabbage leaves, roll up and place into a saucepan lined with the smaller cabbage leaves, squash them in tight
- Sprinkle with extra mint and pour the tomato sauce mixture over the top
- Top with the chopped butter and simmer over medium-low heat for 1 hour
- **Serve and Enjoy!**