



## Cabbage Rolls Recipe

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Preparation Time	10
Cooking Time	43
Serving Size	5

### Ingredients:

- 300 g cabbage

### FOR THE FILLING

- 1/2 cup pork, ground
- 1/2 cup rice, malagkit, cooked
- 2 Tbsp onion, chopped
- 1 pc egg, beaten
- 3/4 tsp salt
- 1/4 tsp pepper, black
  
- 2 clove garlic, crushed
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 1/4 cups chicken stock
- 1/2 tsp cornstarch, dissolved in 1 tsp water

### Preparation:

1. Cut large pieces of cabbage leaves into two. Remove the hard middle portion. Blanch for 15 seconds and soak in cold water. Set aside.
2. Combine ingredients for filling. Mix thoroughly. Wrap every 1 tablespoon of mixture in cabbage leaves then secure with toothpick. Set aside.
3. Sauté garlic. Add DEL MONTE Original Style Tomato Sauce, chicken stock and salt to taste. Allow to simmer then add cabbage rolls. Simmer for 20-30 minutes or until cooked. Remove toothpick before serving.

### Chef's Tip

The cooked rice adds moisture, binds the meat together and adds tenderness.

### Lusog Notes

This Cabbage Rolls recipe contains protein which is important for the growth and repair of body tissues. It also provides vitamin C which aids in wound healing.

### Cooking Skills Needed

- Boiling
- Simmering
- Sautéing

### Cooking Tools

- Strainer

- Chopping Board
- Measuring Cups
- Pot
- Crocheting Thread
- Measuring Spoon
- Spatula
- Toothpick

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