



READY TO COOK
BY HARRIS FARM

PORK AND BEEF UKRAINIAN STUFFED CABBAGE ROLLS (HOLUBTSI)



PREP
30 min



COOK
1 hr



SERVES
4

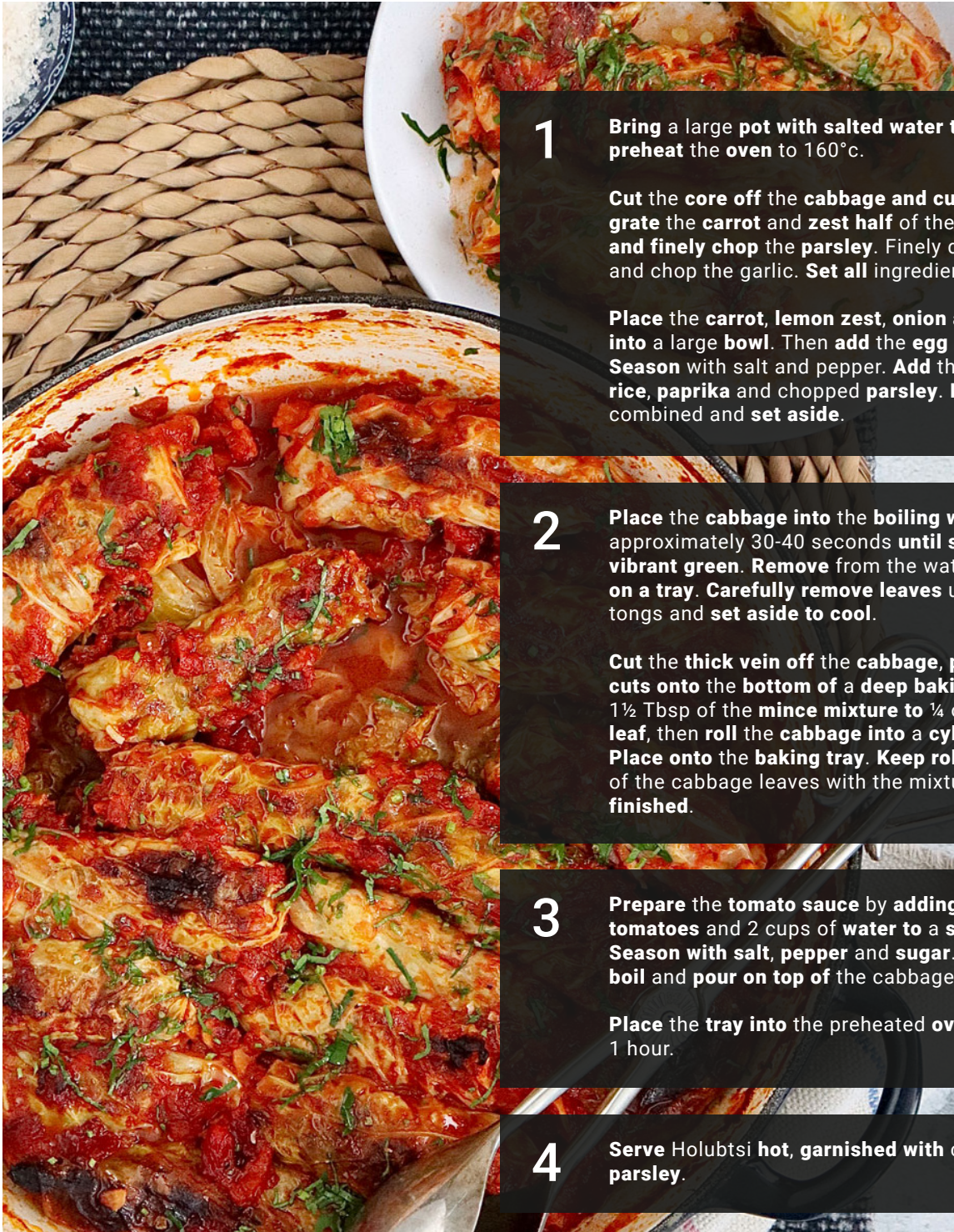
INGREDIENTS:

- > 500g Beef and Pork Mince
- > 1 Cabbage
- > 1 Carrot
- > 1 Onion
- > ¼ Bunch Parsley
- > 2 Garlic Cloves
- > 60g Tomato Paste
- > 400g Chopped Tomato
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Egg
- > 1 Cup Rice
- > 2 Cups Water
- > Salt and Pepper
- > 1½ Tsp Paprika
- > 1 Tsp Sugar

METHOD – GET COOKING!



1

Bring a large pot with salted water to the boil and preheat the oven to 160°C.

Cut the core off the cabbage and cut in half. Finely grate the carrot and zest half of the lemon. Pick and finely chop the parsley. Finely dice the onion and chop the garlic. Set all ingredients aside.

Place the carrot, lemon zest, onion and garlic into a large bowl. Then add the egg and mince. Season with salt and pepper. Add the tomato paste, rice, paprika and chopped parsley. Mix until well combined and set aside.

2

Place the cabbage into the boiling water for approximately 30-40 seconds until softened and vibrant green. Remove from the water and place on a tray. Carefully remove leaves using a pair of tongs and set aside to cool.

Cut the thick vein off the cabbage, place all the off cuts onto the bottom of a deep baking tray. Scoop 1½ Tbsp of the mince mixture to ¼ of a cabbage leaf, then roll the cabbage into a cylinder shape. Place onto the baking tray. Keep rolling the rest of the cabbage leaves with the mixture until all finished.

3

Prepare the tomato sauce by adding the chopped tomatoes and 2 cups of water to a saucepan. Season with salt, pepper and sugar. Bring to the boil and pour on top of the cabbage stuffed rolls.

Place the tray into the preheated oven and cook for 1 hour.

4

Serve Holubtsi hot, garnished with chopped parsley.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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