

PORK CABBAGE PARCELS

by RoniB's Kitchen Recipe Collection

Ingredients

- vegetable oil
- 500g minced pork (remove to make it vegetarian)
- 1 onion, sliced
- 2 cloves garlic
- 1 cup chestnut mushrooms
- 2 tsp RoniB's Kitchen Black Bean Chilli Paste
- 1 pc yellow bell pepper, chopped
- 1 can chopped tomatoes
- 1 pc savoy cabbage, leaves separated
- 200ml chicken broth (vegetable broth)
- 100ml red wine
- salt and pepper to taste

Product



Serving:

Serve with rice or crusty bread

Directions

1. Heat oven to 180C.
2. Tear off the outer leaves of the cabbage. Cook in a large pan of boiling water for 2-3 minutes. Take out and rinse in cold water. Pat dry. Set aside.
3. Shred the inner leaves of the cabbage and set them aside.
4. Heat another pan with the oil. Add the onions and garlic. Cook until fragrant.
5. Add RoniB's Kitchen Black Bean Chilli Paste. Stir.
6. Add the minced pork (if using) and cook until no longer pink.
7. Add the mushrooms, shredded cabbage and bell pepper. Stir. Season with salt and pepper. When cooked, take off heat, set aside and cool down.
8. In a deep pan, add the chopped tomatoes and add the chicken broth. Simmer for about 5 minutes.
9. Add the red wine and cook for about 15 minutes. Season with salt and pepper.
10. Line a baking dish with foil and pour the tomato sauce mixture.
11. On a cutting board, trim the softened cabbage leaves by taking out the hard middle part (stem)
12. Fill the cabbage leaf with your pork mixture and roll it to create a parcel. Repeat until all leaves are filled. Place in the baking dish with the tomato sauce.
13. Bake in the oven for 15 to 20 minutes

PREPARATION: 30MIN

COOKING: 1 HOUR

READY IN: 1 HOUR 30MIN