

**Cabbage parcels with tomato sauce : healthy eating : main course / Tesco.**

**Contributors**

Tesco (Firm)

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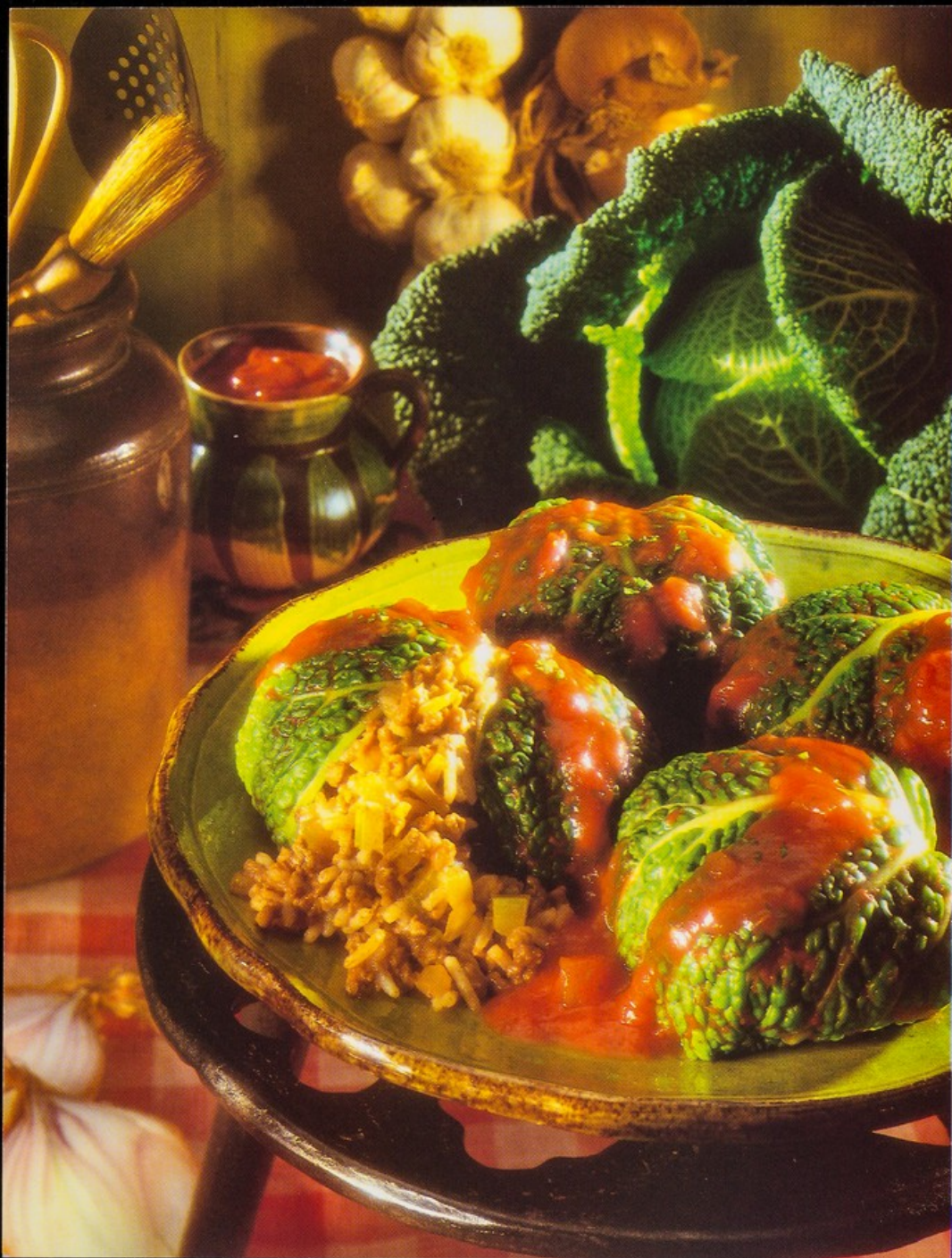
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**RECIPE**  
COLLECTION

*from*  
**TESCO**

**CABBAGE  
PARCELS WITH  
TOMATO  
SAUCE**

**HEALTHY  
EATING**

**MAIN COURSE**



**TESCO**

**CABBAGE  
PARCELS  
WITH  
TOMATO  
SAUCE**

**SERVES 6**

Cooking Time:  
35 – 45 minutes

Temperature:  
180°C/350°F  
Gas Mark 4

**INGREDIENTS**

6 Large Cabbage Leaves  
1 x 15ml sp (1 tbsp) Sunflower Oil  
350g (12oz) Healthy Eating Extra Lean Mince  
1 Onion, finely chopped  
1 Clove Garlic, crushed  
2 Sticks Celery, finely chopped  
1/2 x 5ml sp (1/2 tsp) Basil  
150ml (1/4 pt) Beef Stock

2 x 15ml sp (2 tbsp) Tomato Purée  
125g (4oz) Cooked Long Grain Rice  
1 Jar Tesco Sauce for Pasta with Red and Green Peppers

**METHOD**

- 1** Blanch the cabbage leaves for 2 minutes.
- 2** Heat the oil in a frying pan, add the mince, onion, garlic and celery. Cook for 4 – 5 minutes stirring occasionally.
- 3** Add the stock and purée and cook gently for a further 10 minutes. Stir in the rice.
- 4** Cut the tough stem from the bottom of the cabbage leaves. Divide the mince mixture between the 6 leaves. Wrap the cabbage around the mince to form a parcel.
- 5** Place the parcels into a shallow ovenproof dish. Pour over the tomato and pepper sauce. Cover and cook for 35 – 40 minutes.

**NUTRITION INFORMATION PER SERVING**

Energy	Fat	Protein	Carbohydrate	Fibre
198 Calories (kcal)	6g	15g	21g	1g

All lines subject to availability at Tesco

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