



Product Spotlight: Spice Mix

This Sarma-inspired blend is the aromatic backbone of Eastern European cooking. Don't be surprised by the cinnamon in a savoury dish; it's the secret touch that makes this filling sing.



Stuffed Cabbage Rolls

Meet Sarma, the beloved Eastern European dish of tender cabbage leaves wrapped around a spiced beef and rice filling, baked in a rich tomato sauce. Rustic, deeply flavourful, and impossibly satisfying, this one is guaranteed to become a new household favourite.



45 minutes



Beef



4/6 servings

Switch it up!

Not feeling the rolls? Skip step 1, roughly chop cabbage and layer in the base of the oven dish. Form filling into meatballs, layer on top of cabbage and pour over sauce. Bake as per step 5; the cabbage will soften beautifully in the sauce.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	30g	15g	39g/39g

FROM YOUR BOX

	4 PERSON	6 PERSON
GREEN CABBAGE	1	1
BROWN ONION	1	2
CELERY STICKS	2	3
CARROTS	2	3
GARLIC CLOVES	2	3
BEEF MINCE	600g	600g + 300g
PRE-COOKED RICE	1 packet	1 packet
PAPRIKA & CINNAMON SPICE MIX	1 packet	2 packets
TINNED TOMATOES	400g	2x 400g
PARSLEY	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large saucepan, frypan, oven dish

NOTES

If needed, join two smaller leaves together, overlapping slightly, before filling and rolling.

Cover oven dish with a lid, foil, or baking paper.

Bulk it up by serving with a side of creamy mashed potato.

Paprika and Cinnamon Spice Mix: ground paprika, smoked paprika, ground cinnamon, ground nutmeg



1. BOIL THE CABBAGE

Bring a large saucepan of water to a boil. Lower **cabbage** into pan and cook for 5–8 minutes until outer leaves soften. Remove and peel away 12–16 leaves, returning cabbage to water for a further 2–3 minutes if inner leaves need softening. Trim thick stem from each leaf with a knife.



4. MAKE CABBAGE ROLLS

Place 2–3 tbsp of **filling** at the base of each **cabbage leaf** (see notes). Fold the bottom of the **leaf** up over the **filling**, tuck in the sides, and roll away from you to enclose. Repeat with remaining **leaves** and **filling**.



2. PREPARE THE INGREDIENTS

Set oven to 220°C. Finely dice **onion** and **celery**, grate **carrot** and crush **garlic**.

Add **onion**, **garlic**, **beef mince**, **rice** and **spice mix** to a large bowl. Mix to combine and season well with **salt and pepper**.



5. BAKE THE ROLLS

Add **1 cup sauce** to base of oven dish. Pack **cabbage rolls**, seam-side down, into the oven dish. Pour over **remaining sauce**. Cover oven dish (see notes) and bake for 20–25 minutes until filling is cooked through.



3. MAKE THE SAUCE

Heat a frypan over medium heat with **oil**. Add **carrot** and **celery** and cook for 4–5 minutes until beginning to soften. Add **tomatoes** and **1 1/2 cups water**. Simmer for 5 minutes to thicken and season with **salt and pepper**.

6P – add 1/2 cups water.



6. FINISH AND SERVE

Finely chop **parsley**. Garnish **baked cabbage rolls** with **parsley** and serve tableside (see notes).

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