

THAI STUFFED CABBAGE ROLLS

Time

1hr 40 minutes

Serves

2

Calories (per serving)

186

Carbs (per serving)

9g

Fat (per serving)

5g

Protein (per serving)

25g

Ingredients

- 7 oz (200g) mince beef lean, 95% fat free
- 1 head green cabbage medium sized
- 2 tbsp onion minced
- 2 tbsp tomato paste
- 1 cup chicken broth
- 2 tbsp canned diced tomatoes
- 1/16 tsp powdered stevia *
- 3/4 tsp salt
- 1 egg white optional
- 1/2 tsp rice vinegar
- 1 tsp lemongrass freshly minced
- 1 tsp dried oregano



Method

Preheat oven to 350°F (180°C)

In a small bowl, stir together tomato paste and chicken broth until combined. Set aside.

Cook cabbage in boiling water until the outer leaves pull away easily from the head. Pull away 8 large leaves for the rolls. In a small bowl, combine beef, onion, half of the tomato paste mixture, diced tomatoes, stevia, rice vinegar, lemongrass and oregano. Add egg white. Mix well.

Remove the thick vein from the bottom of each leaf carefully. Place 2-3 Tbsp of the meat mixture on each cabbage leaf. Overlap the ends of the leaf and fold in the sides. Beginning from the cut end, roll up tightly. Repeat rolling with remaining leaves.

Place rolls in a small baking dish, seam side down. Pour remaining tomato paste mixture over the rolls. Cover with aluminum foil and bake for 1 1/2 hours, or until cabbage is tender.