

Recipe Name: Veg Lebanese Mihshi Malfuf Recipe
(Stuffed Cabbage Leaves)

Diet Type:

Course: Appetizer

Cuisine: Middle Eastern

Quantity:



Ingredients

Ingredient	Quantity
• 1 Cabbage (Patta Gobi/ Muttaikose)	4
• 1 cup Basmati rice - washed	
• 1/2 cup White garbanzo - soaked	
• 1 Tomato - chopped	
• 1 Onion - chopped	
• 4 cloves Garlic - peeled	
• 4 Lemons - freshly squeezed	
• 1 teaspoon All spice powder	
• 3 tablespoon Parsley leaves - chopped	
• 1 teaspoon Black pepper powder	
• Salt - to taste	
• 1 Garlic	
• 1 teaspoon Black pepper powder	
• 1 cup Homemade tomato puree	
• 1 cup Water	
• 3 tablespoon Extra Virgin Olive Oil	
• Parsley leaves - few	

Preparation

- To begin making the Veg Lebanese Mihshi Malfuf recipe, clean cabbage and parboil head in a large kettle of water just long enough to soften and separate leaves.
- Place the cabbage leaves in a colander as you peel them.
- Pit out the large stem from the bottom of the cabbage.
- This will help the leaves to roll easily.
- Spread 1 to 2 table spoons of rice stuffing along the edge of the leaf, then roll it slowly and tightly over



the stuffing all the wayLine up the stuffed rolls carefully in a wide/deep cooking pot one by the other in a compact mannerPlace garlic flakes in between.

- Pour tomato puree and water over the cabbage rolls.
- Add salt, pepper powder and oil.
- Carefully shake/tilt the cooking pot sideways a few times to ensure the sauce seeps through everywherePlace a heavy plate inside the pot, on top of the rolls, cover the pot, and turn on the stove on high heat for about 5-10 minutes till they boil and later simmer and cook for 40 minutes.
- Serve hot with a squeeze of lemon juice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------

