POLISH · LUNCH · DINNER

Gołąbki (Polish Cabbage Rolls with Pork and Rice)

Gołąbki

105 min · Makes 8 × 2 rolls · 388 kcal a portion · Video 6:43 in Polish · Gotuj z Bartkiem

No dairy listed · No nuts listed

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About 27 g protein and 18 g net carbs in two rolls: pork mince with only a little rice, wrapped in cabbage leaves and simmered in a light tomato broth.

Ingredients 13 · MAKES 8 × 2 ROLLS

- [ ] 1 **white cabbage** for rolls (the cook's was 1.5 kg), core cut out
- [ ] 1 bag (100 g) **rice**, cooked
- [ ] 1 kg minced **pork shoulder**
- [ ] 1 large **onion**, diced
- [ ] a little **oil**, for frying the onion
- [ ] 1 tsp **salt**, plus a pinch for the onion
- [ ] 1 tsp **sweet paprika**
- [ ] 1 tsp **dried marjoram**
- [ ] 1 tsp **dried oregano**
- [ ] ½ tsp **ground black pepper**
- [ ] 1 heaped tbsp **dried breadcrumbs**
- [ ] **Stock**: 1 litre stock (bulion), part of it served as the sauce
- [ ] 2 tbsp **tomato concentrate**

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cook the rice ahead and let it cool. Cut the core out of the cabbage. 0:20
2. Lower the cabbage, cut side down, into boiling water for about 4 minutes, turn it and cook 3–4 minutes more, then peel off the soft leaves. Boil the rest again to free more leaves — you need about 15 — and line the pot with the small ones. 0:33
3. Dice the onion and fry it in a little oil with a pinch of salt until golden. 2:10
4. Mix the pork mince with the rice, paprika, marjoram, oregano, pepper, salt, the fried onion and the breadcrumbs until evenly combined. 2:40
5. Shave down the thick rib on each cabbage leaf so it rolls easily. 3:26
6. Shape a ball of filling, flatten it on a leaf, fold in both sides and roll it up. Pack the rolls (about 17) snugly into the lined pot. 3:59
7. Stir the tomato concentrate into the stock, pour it over the rolls, cover and cook on medium until it boils, then on the lowest heat for at least an hour. 5:11

> **Tip** Makes about 17 rolls, two a serve. Poles serve them with the tomato broth, often with boiled potatoes; on their own they're lower in carbs. They freeze well and taste even better reheated.

The method is a summary in our words, in English — the video (in Polish) shows every step.

One portion (2 rolls) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
388 kcal	**27** g	**22** g	**3.7** g	**21** g	**600** mg
1,620 kJ	55% of a day	18 g net · 5.3 g sugars	13% of a day	7.4 g saturated	26% of a day
		8% of a day		27% of a day	

Energy from net carbs 20% · protein 29% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 70% · Selenium 68% · Vitamin C 47% · Vitamin B6 33% · Zinc 32% · Vitamin B12 21%

Source of (10–19%) Folate 15% · Potassium 14% · Iron 13% · Omega-3 12% · Magnesium 11%

Recipe and video: Gotuj z Bartkiem on YouTube — youtube.com/watch?v=dYnX0NZnZCg. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/golabki-polish-cabbage-rolls