



## Stuffed cabbage leaves with spinach ( ES )

Serving: 1

Veg

### *Ingredients*

- **INGREDIENTS:**
- 6 cabbage leaves
- 1 onion chopped
- 1 green chilli, chopped
- 3 cups finely chopped spinach (palak)
- 2 tbsp low fat paneer (cottage cheese)
- 1  $\frac{1}{2}$  cups white sauce
- 2 tsp oil
- salt to taste.

### *Preparation Method*

- 1. Put the cabbage leaves in boiling water for 5 minutes. Remove the thick stem.
- 2. Drain and cut each cabbage leaf into 2 pieces.
- 3. Heat the oil and fry the onion for  $\frac{1}{2}$  minute. Add the green chilli and fry again for a few seconds. Add the spinach and cook for 1 minute. Drain the water if any. Add the paneer and salt and mix well.
- 4. Fill the cabbage leaves with this mixture. Spread a little white sauce inside. Make packets or rolls of each leaf and close.
- 5. Arrange the cabbage in a greased baking dish. Pour the white sauce inside. Make packets or rolls of each leaf and close.
- 6. serve hot.