

## Dinner

### Turkey Cabbage Rolls

#### Ingredients:

Turkey or Chicken breast, skinless (or beef, lamb, veal) minced  
(first week: 215g turkey =33g protein), 130g = 20g.

3 strips	Turkey bacon = 10g protein
2 small	button mushrooms, finely chopped
1	cabbage leaf, medium size
¼ cup	finely chopped onions
1 small clove	garlic, crushed
1 tsp.	Dijon mustard
¼ tsp.	tomato paste
¾ cup	vegetable stock
	sprinkling fresh chopped parsley
	sprinkling Italian herbs
	sprinkling crushed pistachio nuts
	Olive oil cooking spray
	Sea salt and cracked pepper

#### Method:

- Blanch the cabbage leaf for 30 seconds in a pot of boiling water. Drain and immediately plunge into a bowl of cold water. When the leaf is cold enough to handle, drain and pat dry
- Remove the hard stem from the base of the cabbage leaf. Set aside
- Coat non-stick pan with Olive oil spray
- Saute, turkey bacon with onions, garlic and mushrooms until golden brown
- Add minced Turkey and cook until browned
- Combine mustard, tomato paste, sprinkling of Italian herbs, salt and pepper and add this to the mixture
- Continue stirring until turkey is cooked and juices have evaporated
- Finally add parsley and sprinkling of crushed pistachio nuts
- Let this mixture cool slightly, then place in the middle of the cabbage leaf
- Fold the sides over, to trap the filling, and roll up carefully (optional secure with toothpick)
- Coat baking dish with Olive oil cooking spray
- Place the roll, seam side down in dish and pour vegetable stock over the top and cover with a lid
- Bake 15-20 minutes in moderate oven, basting with stock from time to time