

Culinary inspiration of the month of September

Apples stuffed with cabbage and minced meat

Ingredients for 4 servings:

400 g cabbage
1 spelt bread roll (or 2 slices of toast)
300 g mixed minced meat
2 eggs
40 g mountain cheese
8 apples
1 large red onion

Hot paprika powder
Salt, pepper

Preparation time:
approx. 60 minutes



Preparation:

Wash the cabbage and cut it into fine strips. Blanch briefly in boiling salted water for 1 minute, then drain. Soak the bread in lukewarm water. Squeeze it out well, tear it into small pieces and mix thoroughly with the minced meat, cabbage, egg and grated cheese. Season with salt, pepper and hot paprika powder. Preheat the oven to 180°C. Cut the apples in half horizontally and scoop out the cores and flesh with a spoon. Finely chop the apple flesh.

Finely chop the onion. Mix it with the apple pieces and place in a baking dish. Fill the hollowed-out apples with the meat mixture and arrange them side by side in the dish. Bake in the preheated oven for approx. 35 minutes, until nicely browned. Mashed potatoes make a delicious accompaniment.

If you have any of the meat mixture left over, you can shape it into small meat patties and fry them separately.

Enjoy your meal!
Sandra, Nicol and the ABC family
and BIODOL South Tyrol