



Cal Smart Unstuffed Cabbage Roll Skillet

with Dilly Sour Cream

Calorie Smart

30 Minutes



Ground Beef



Wild Rice Medley



Crushed Tomatoes



Dill-Garlic Spice Blend



Tomato Sauce Base



Green Cabbage, shredded



Beef Stock Powder



Sour Cream



Yellow Onion



Garlic, cloves

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, strainer, medium pot, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Wild Rice Medley	½ cup	1 cup
Crushed Tomatoes	200 ml	398 ml
Dill-Garlic Spice Blend	1 tsp	2 tsp
Tomato Sauce Base	2 tbsp	4 tbsp
Green Cabbage, shredded	113 g	227 g
Beef Stock Powder	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Using a strainer, rinse **rice** until water runs clear.
- Stir together **half the beef stock powder**, **wild rice medley**, **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.



Make sauce

- Add **remaining beef stock powder**, **crushed tomatoes** and **⅓ cup** (⅔ cup) **water**.
- Reduce heat to medium.
- Cook, stirring occasionally, until slightly thickened, 4-5 min.
- Season with **salt**, **pepper** and **½ tsp** (1 tsp) **sugar**.



Prep and cook veggies

- Meanwhile, peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **onions** and **cabbage**. Cook, stirring occasionally, until **veggies** begin to soften, 1-2 min.



Make dilly sour cream

- Meanwhile, add **sour cream** and **remaining Dill-Garlic Spice Blend** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.



Cook meat

- Add **beef** to the pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Season with **salt** and **pepper**.
- Add **garlic**, **half the Dill-Garlic Spice Blend** and **tomato sauce base**. Cook, stirring often, until fragrant, 1-2 min.



Finish and serve

- Fluff **rice** with a fork, then stir in **½ tbsp** (1 tbsp) **butter**.
- Divide **rice** between bowls.
- Top with **beef-cabbage mixture**.
- Dollop **dilly sour cream** over top.

Dinner Solved!