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Stuffed Cabbage Rolls  
RECIPE

# Stuffed Cabbage Rolls



**Cooking time** 75 mins  
**Preparation time** 20 mins  
**Serves** 6

These Stuffed Cabbage Rolls cooked in a Sweet & Sour sauce is an exciting new take on this staple veg. Surprise your family with this showstopper.

## Ingredients

- 1 cabbage cored
- 500g mince or chicken breasts finely chopped
- 1 cup cooked samp or rice
- 1 onion finely chopped
- 1 stick celery chopped
- 1 large carrot diced
- 3 cloves garlic crushed
- 1 pkt Royco® Sweet and Sour Dry Cook Sauce
- 2x 410g cans crushed tomatoes
- 1 tbsp Italian herbs
- salt and pepper
- grated cheddar cheese

## Vegetarian

Replace the meat in this recipe with vegetarian sausage removed from the casing.

## Family Friendly

Stuffing and rolling these cabbage parcels is a task to get older kids involved in.

## Method

1. Preheat oven to 200 degrees
2. In a pan heat oil and fry the onion, celery, carrots and peppers until soft, set aside until needed
3. In a large pot bring water to a boil
4. Place cabbage in water core side down, cover the pot, reduce heat and cook cabbage

for 10 minutes

5. Drain and set aside to cool, once cooled separate the cabbage leaves apart
6. In a bowl combine the tomatoes, Royco® Sweet and Sour Dry Cook Sauce, garlic, herbs, mix well, set aside
7. In a separate bowl add the mince, rice, vegetables, salt and pepper, 2 tbsp of the tomato mixture and mix to combine
8. In a baking dish, place 1 cup of the tomato mixture
9. Peel a cabbage leaf off the head cut the stem off
10. Place 3 tbsp of the meat mixture in the centre of the cabbage leaf, fold the leaf to make a roll
11. Place seam side down in the baking dish, repeat with the remaining meat mixture and the cabbage
12. Spoon the tomato mixture on top of the cabbage rolls
13. Cover with the tin foil and bake in the oven for 1 hour
14. Remove the foil, turn the heat to 200, sprinkle cheese on top and cook until the cheese is melted

## Recipe Tags

[Dry Sauces](#), [Chicken](#), [Beef](#), [Meat and Veg](#)

## Related Recipes



### [Mushroom Pork Bangers & Creamy Mash](#)

Cooking time

30 mins

Preparation time

15 mins



### [Beef Short Rib with Sweet Potato Bake](#)

Cooking time

50 mins

Preparation time

20 mins



## **Curried Potatoes**

Cooking time

30 mins

Preparation time

10 mins



## **Beef Olives With Roasted Garlic And Caper Mash**

Cooking time

120 mins

Preparation time

50 mins



## **Creamy Spinach Stuffed Salmon**

Cooking time

50 mins

Preparation time

20 mins



## **Pork Fillet with Spicy Pineapple Relish**

Cooking time

10 mins

Preparation time

60 mins



### **Chicken & Mushroom Phyllo Pie**

Cooking time

20 mins

Preparation time

15 mins



### **Chicken Pot Pies**

Cooking time

40 mins

Preparation time

15 mins



### **Hake and Broccoli Bake**

Cooking time

40 mins

Preparation time

10 mins



### **Beef Stew with Soft Dumpling**

Cooking time

90 mins

Preparation time

30 mins

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