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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