



Boerewors Stew
RECIPE

Boerewors Stew



Cooking time

30 mins

Preparation time

10 mins

Serves

5

Juicy boerewors, fresh herbs and a rich, savoury sauce come together in this hearty stew. Packed with real flavour, it's a simple, satisfying dish that's made for sharing.

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Ingredients

- 1 kg spicy boerewors
- ½ red onion, diced
- A handful of fresh dill, basil and coriander, finely chopped
- 60 ml (4 Tbsp) soy sauce
- 250 g (1 packet) Royco® Pasta Sauce Bolognaise
- 250 ml water
- 15 ml (1 Tbsp) dried parsley
- 15 ml (1 Tbsp) black pepper
- 15 ml (1 Tbsp) turmeric

Products used



Bolognaise Pasta Sauce

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Recipe developed for Royco by [@leyfortskitchen](#)

Vegetarian

Swap out the boerewors for chunky plant-based sausages, firm tofu or pan-fried mushrooms. Cook until golden before adding the other ingredients.

Family Friendly

Choose a milder boerewors and skip the black pepper to make the flavours softer and more kid-friendly.

Cook's tip

Serve this stew over pap, rice or creamy mashed potatoes to soak up all that rich, savoury sauce.

Method

1. In a large pan over low-medium heat, add the boerewors and fry for about 10 minutes, or until golden brown and the oil is released.
2. Add the diced red onion and fry for another 2 minutes.
3. Mix in the chopped dill, basil and coriander.
4. Add the soy sauce and fry for 2 more minutes to build flavour.
5. Stir in the Royco® Bolognaise Pasta Sauce and cook for 6 minutes, allowing the flavours to develop.

6. 6.

Pour in water, then season with dried parsley, black pepper, and turmeric. Stir everything together and let it simmer for 10 minutes.

7. 7

Garnish with more fresh dill and coriander before serving.

Recipe Tags

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30 mins

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[Lamb Tray Tagine](#)

Cooking time

180 mins

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20 mins

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Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

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Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins

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Butternut Risotto with Rocket and Feta

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Cooking time

15 mins

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Cooking time

35 mins

Preparation time

20 mins

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