

# South African Boerie Roll

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-prego-roll-recipe>

## Ingredients:

- 2 pounds Boerewors sausage, grilled until cooked through Boerewors, grilled until cooked through
- 6 hoagie rolls or Milano rolls, toasted
- onions sauteed, in butter, as desired
- 15 ounces diced tomatoes with juice canned fire-roasted
- 1/2 cup diced onion finely
- 1 tablespoon butter
- 1 clove garlic chopped
- 1 green chilli chopped
- 1/4 cup chutney smooth hot, I used Wellington's brand
- 1/2 teaspoon pepper ground peri peri
- 1 tablespoon worcestershire sauce
- 1 teaspoon balsamic vinegar
- salt
- pepper

## Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 170 milligrams
4. Fat: 68 grams
5. Fiber: 5 grams
6. Protein: 46 grams
7. SaturatedFat: 23 grams
8. Sodium: 2250 milligrams
9. Sugar: 17 grams

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