



# UCOOK

## Zippy Lentil Bobotie

**with a balsamic tomato salad, sultanas & chutney**

A super simple yet tasty twist on a traditional South African favourite. Fragrant layers of spiced lentils are embedded with golden sultanas, onion & carrots. A soft turmeric egg makes the perfect golden topping. Served with white basmati rice and a tomato & cucumber salad. Good, better, lentil bobotie!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Veggie

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Muratie Wine Estate | Muratie Laurens  
Campher White Blend

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## Ingredients & Prep

150ml	White Basmati Rice <i>rinse</i>
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
2,5ml	Ground Turmeric
240g	Carrot <i>peel, trim &amp; cut into small chunks</i>
1	Onion <i>peel &amp; finely dice</i>
60ml	Bobotie Spice <i>(30ml NOMU Indian Rub &amp; 30ml Medium Curry Powder)</i>
240g	Tinned Lentils <i>drain &amp; rinse</i>
40g	Golden Sultanas
80ml	Mrs Ball's Chutney
200g	Baby Tomatoes <i>rinse &amp; halve</i>
200g	Cucumber <i>cut into half-moons</i>
20ml	Balsamic Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Milk  
Butter

**1. READY THE RICE** Preheat the oven to 200°C. Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, stir through  $\frac{3}{4}$  of the chopped coriander, and cover.

**2. GOLDEN CROWN** In a bowl, combine 100ml of milk, the turmeric, and seasoning. Crack in 2 eggs and whisk until combined. Set aside.

**3. SMELL THOSE FAMILIAR FLAVOURS** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot chunks and the diced onion. Fry until soft and browned, 5-7 minutes (shifting occasionally). Mix in the bobotie spice (to taste), the rinsed lentils, the sultanas,  $\frac{1}{2}$  the chutney, and 100ml of water. Simmer until slightly reduced and thickened, 5-8 minutes (stirring occasionally). Season.

**4. TO TOP IT ALL OFF** Evenly spread out the cooked lentil mix in an ovenproof dish. Pour over the egg topping. Bake in the oven until the topping is set and golden, 15-20 minutes.

**5. A SIDE OF SALAD** In a bowl, combine the halved baby tomatoes, the cucumber half-moons, the vinegar, a drizzle of olive oil, and seasoning.

**6. DELISH TRADISH DISH** Dish up the coriander rice and the golden bobotie. Garnish with the remaining coriander and dollop over the remaining chutney. Serve the tomato salad on the side. Geniet dit, Chef!

## Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	4.5g
Carbs	24g
of which sugars	7.9g
Fibre	4.6g
Fat	0.5g
of which saturated	0.1g
Sodium	106mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
4 Days