



UCOOK

Pork Bobotie

with parsley rice & chutney

A filling of rich pork mince is combined with golden sultanas and baked in the oven until the turmeric & egg topping is perfectly golden. Sided with a heap of flavoursome parsley-basmati rice and dollops of Mrs. Ball's chutney. Sounds like home!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

 Groote Post Winery | Groote Post Riesling 2022

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
2,5ml	Ground Turmeric
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & finely dice ½</i>
150g	Pork Mince
15ml	NOMU Indian Rub
20g	Golden Sultanas
40ml	Mrs Balls Chutney

From Your Kitchen

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

1. BEAUTIFUL BASMATI Preheat the oven to 200°C. Place the rinsed rice and ½ the turmeric in a pot with 150ml 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 ¾ of the chopped parsley, and cover.

2. EGGY TOPPING In a bowl, mix together 50ml of milk and the remaining turmeric. Crack in 1 egg and whisk until combined. Season and set aside.

3. PORK MINCE Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces and the diced onion until the onion is caramelised, 4-5 minutes (shifting regularly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (stirring occasionally). In the final minute, add the NOMU rub, the sultanas, and ½ the chutney. Stir until combined and season.

4. BAKE IT Evenly spread the bobotie mince in an ovenproof dish and pour over the egg topping. Bake in the hot oven until the topping is set and golden, 15-20 minutes.

5. DELISH TRADISH DISH Dish up the parsley-basmati rice alongside spoonfuls of the golden bobotie. Garnish with the remaining parsley and dollop over the remaining chutney. Geniet dit, Chef!

Nutritional Information

Per 100g

Energy	768kj
Energy	184kcal
Protein	7g
Carbs	24g
of which sugars	9.8g
Fibre	1.9g
Fat	6.7g
of which saturated	2.4g
Sodium	166mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
1 Day