



# UCCOOK

## Lamb Bobotie & Charred Corn Salad

with balsamic vinegar & baby tomatoes

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Gina Kamps

**Wine Pairing:** Muratie Wine Estate | Muratie Mr May Grenache

### Nutritional Info

	Per 100g	Per Portion
Energy	453kJ	3250kJ
Energy	108kcal	777kcal
Protein	6.2g	44.7g
Carbs	11g	76g
of which sugars	6.4g	45.6g
Fibre	1.9g	13.9g
Fat	4.5g	32.6g
of which saturated	1.8g	12.7g
Sodium	131mg	940mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1,25ml	2,5ml	Ground Turmeric
40g	80g	Corn
120g	240g	Carrot <i>rinse, trim, peel &amp; finely dice</i>
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
150g	300g	Free-range Lamb Mince
25ml	50ml	Bobotie Spice <i>(15ml [30ml] NOMU Italian Rub &amp; 10ml [20ml] Medium Curry Powder)</i>
10g	20g	Golden Sultanas <i>roughly chop</i>
30ml	60ml	Mrs Balls Chutney
80g	160g	Baby Tomatoes <i>rinse &amp; cut in half</i>
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
10ml	20ml	Balsamic Vinegar
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Egg/s  
Milk  
Butter  
Seasoning (salt & pepper)

1. **GOLDEN CROWN** Preheat the oven to 200°C. In a bowl, combine 50ml [100ml] of milk, the turmeric, and seasoning. Crack in 1 [2] egg/s and whisk until combined. Set aside.

2. **CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **FLAVOURFUL MINCE** Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot and the onion, until soft and browned, 4-6 minutes (shifting occasionally). Add in the mince and break it up as it starts to cook. Allow to caramelise until browned, 3-4 minutes (stirring occasionally). Add the bobotie spice (to taste), the sultanas, ½ the chutney, and fry until fragrant, 1-2 minutes. Add 50ml [100ml] of water, and simmer until slightly reduced, 3-4 minutes (stirring occasionally). Season.

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

5. **FRESH SIDE SALAD** In a salad bowl, combine the baby tomatoes, the cucumber, the vinegar, the charred corn, a drizzle of olive oil, and seasoning.

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