



UCOOK

Traditional Ostrich Bobotie

with a balsamic tomato salad, raisins & chutney

A super simple yet tasty traditional South African favourite. Fragrant layers of spiced ostrich mince are embedded with raisins and curry spices. A soft turmeric egg makes the perfect golden topping. Served with coriander-infused white basmati rice and a tomato & cucumber salad. Good, better, bobotie!

Hands-on Time: 24 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1,25ml	Ground Turmeric
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & finely dice ½</i>
150g	Free-range Ostrich Mince
30ml	Bobotie Spice <i>(15ml NOMU Italian Rub & 15ml Medium Curry Powder)</i>
20g	Raisins
50ml	Mrs Balls Chutney
100g	Baby Tomatoes <i>rinse & halve</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
10ml	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 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 coriander, and cover.

2. GOLDEN CROWN In a bowl, combine 50ml of milk, the turmeric, and seasoning. Crack in 1 egg and whisk until combined. Set aside.

3. FLAVOURFUL MINCE Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces and the diced 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 raisins, and ½ the chutney. Fry until fragrant, 1-2 minutes. Add 50ml of water and simmer until slightly reduced and thickened, 5-8 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 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. Lekker, Chef!

Nutritional Information

Per 100g

Energy	485kJ
Energy	116kcal
Protein	5.7g
Carbs	18g
of which sugars	8g
Fibre	2g
Fat	2.2g
of which saturated	0.5g
Sodium	105mg

Allergens

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

Cook
within
4 Days