



UCCOOK

Zippy Ostrich Bobotie

with a balsamic tomato salsa, sultanas & chutney

A super simple yet tasty dish in honour of a traditional South African favourite. Fragrant layers of spiced ostrich mince are embedded with golden sultanas, caramelised onion and carrots. It has a soft turmeric egg topping, and is served with bulgur wheat and a tomato & pea salsa on the side.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Leopard's Leap | Merlot

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Ingredients & Prep

75ml	Bulgur Wheat
80g	Baby Tomatoes <i>halved</i>
7,5ml	Balsamic Vinegar
50g	Peas
1,25ml	Turmeric
120g	Carrot <i>peeled, trimmed & cut into small chunks</i>
1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Ostrich Mince
15ml	NOMU Indian Rub
20g	Golden Sultanas
45ml	Mrs. Ball's Chutney
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
50g	Cucumber <i>cut into half-moons</i>

From Your Kitchen

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

1. BULGUR WHEAT Preheat the oven to 200°C. Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, replace the plate, and set aside.

2. REDS & GREENS Boil the kettle. Place the halved baby tomatoes in a bowl with the balsamic vinegar, a drizzle of olive oil, and some seasoning. Toss to coat and set aside to marinate. Submerge the peas in boiling water for 2-3 minutes until plump. Drain on completion and set aside to cool.

3. BOBOTIE TOPPING Place 50ml of milk in a mixing bowl and whisk in the turmeric powder. Crack in 1 egg and whisk until combined. Season and set aside.

4. GET READY TO BAKE Place a nonstick pan over a medium heat with a drizzle of oil and a knob of butter. When hot, fry the chopped carrot and diced onion for 3-4 minutes until the onion is softened, shifting regularly. Add in the mince and break it up as it starts to cook. Allow to caramelise for 4-5 minutes until browned, stirring occasionally. In the final minute, add the Indian rub to taste, the sultanas, and ½ of the chutney. Stir until combined and season to taste. Evenly spread out in an ovenproof dish and pour over the egg topping. Bake in the hot oven for 15-20 minutes until the topping is set and golden.

5. VIBRANT FINISHINGS When the bulgur is cooked, drain if necessary and return to the pot. Stir through ¾ of the chopped coriander and seasoning. Replace the lid and set aside. Just before serving, toss the peas and cucumber half-moons through the marinated tomatoes.

6. DELISH TRADISH DISH Dish up some coriander bulgur wheat alongside spoonfuls of the golden bobotie. Garnish with the remaining coriander and dollop over the remaining chutney. Serve the tomato salsa on the side. Geniet, Chef!

Nutritional Information

Per 100g

Energy	502kj
Energy	120kcal
Protein	6.6g
Carbs	18g
of which sugars	8.3g
Fibre	3g
Fat	2.4g
of which saturated	0.5g
Sodium	143mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days