



UCOOK

Zippy Ostrich Bobotie

with balsamic tomato salsa, sultanas & Mrs. Ball's Chutney

A super simple dish in honour of a traditional South African favourite. Fragrant layers of spiced ostrich mince embedded with golden sultanas, caramelised onion and carrots; with a soft turmeric-egg top, and fluffy basmati, with tomato and pea salsa on the side. Absolutely delish!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Cavalli Estate | Filly

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

75ml	White Basmati Rice
80g	Baby Tomatoes <i>halved</i>
7,5ml	Balsamic Vinegar
50g	Peas
1,25ml	Turmeric
120g	Carrot <i>peeled, trimmed & roughly chopped</i>
1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Ostrich Mince
15ml	Medium Curry Powder
20g	Golden Sultanas
45ml	Mrs. Balls Chutney
4g	Fresh Coriander <i>rinsed & 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. WHIP UP YOUR RICE Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for 10 minutes until cooked and tender.

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 curry powder 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 rice is cooked, drain if necessary and return to the pot. Fluff up with a fork and stir through ¾ of the chopped coriander. Replace the lid and set aside. Just before serving, toss the peas through the marinated tomatoes.

6. A DELISH, TRADISH BOBOTIE Dish up some coriander rice alongside spoonfuls of 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	544kJ
Energy	130Kcal
Protein	6.9g
Carbs	20g
of which sugars	7.9g
Fibre	2.9g
Fat	2.5g
of which saturated	0.6g
Sodium	58mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days