



U C O O K

— COOKING MADE EASY

ZIPPY BEEF BOBOTIE

with sambal, sultanas & The Larder's guava chutney

A simple, speedy way to honour this traditional South African food gem: a juicy layer of spiced beef mince, golden sultanas, onion, and carrot; with a fragrant, egg-based topping, basmati rice, and a fresh cucumber and tomato sambal.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

75ml	White Basmati Rice
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
1.25ml	Turmeric Powder
1	Onion <i>one half peeled & finely diced</i>
120g	Carrot <i>peeled & roughly chopped</i>
150g	Free-Range Beef Mince
15ml	Medium Curry Powder
20g	Golden Sultanas
45ml	The Larder Spiced Guava Chutney
50g	Peas
50g	Cucumber <i>sliced into half-moons</i>
100g	Baby Tomatoes <i>rinsed & halved</i>

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. CORIANDER RICE Preheat the oven to 200°C. Rinse the rice. Place in a pot over a medium-high heat and submerge in 300ml of salted water. Pop on a lid and bring to the boil. 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. Fluff with a fork on completion and stir through three-quarters of the chopped coriander. Replace the lid and set aside until serving.

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

4. BOLD BEEF BOBOTIE 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 softened, shifting regularly. Add in the mince and quickly break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, stirring occasionally. In the final minute, add in the curry powder, sultanas, and half of the guava chutney (use it to taste, it has a bite!) Stir until combined and season to taste. Evenly spread out in an ovenproof dish and pour the egg topping over it. Bake in the hot oven for 15-20 minutes until the topping is set and golden.

5. VIBRANT SAMBAL Boil the kettle. Place the halved baby tomatoes in a bowl with 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 heated through. Drain on completion. Just before serving, toss the peas and cucumber half-moons through the marinated tomatoes.

6. CLASSIC BOBOTIE SUPPER Dish up some fluffy coriander rice alongside the golden beef bobotie and garnish with the remaining chopped coriander. Serve the colourful sambal on the side. Enjoy with the remaining guava chutney however you'd like! Geniet, Chef!

Nutritional Information

Per 100g

Energy	560kj
Energy	134Kcal
Protein	5.9g
Carbs	20g
of which sugars	7.7g
Fibre	3.2g
Fat	4.5g
of which saturated	1.6g
Sodium	25mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days