



# UCOOK

## Pork Bobotie

with parsley rice & chutney

A filling of rich pork mince is combined with golden sultanas and baked in the oven until the turmeric & egg topping is perfectly golden. Sided with a heap of flavoursome parsley-basmati rice and dollops of Mrs. Ball's chutney. Sounds like home!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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Simple & Save

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 Groote Post Winery | Groote Post Riesling 2022

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## Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
10ml	Ground Turmeric
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; finely dice</i>
600g	Pork Mince
60ml	NOMU Indian Rub
80g	Golden Sultanas
160ml	Mrs Balls Chutney

## From Your Kitchen

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

**1. BEAUTIFUL BASMATI** Preheat the oven to 200°C. Place the rinsed rice and ½ the turmeric in a pot with 600ml 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 parsley, and cover.

**2. EGGY TOPPING** In a bowl, mix together 50ml of milk and the remaining turmeric. Crack in 4 eggs and whisk until combined. Season and set aside.

**3. PORK MINCE** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces and the diced onion until the onion is caramelised, 5-6 minutes (shifting regularly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (stirring occasionally). In the final minute, add the NOMU rub, the sultanas, and ½ the chutney. Stir until combined and season.

**4. BAKE IT** Evenly spread the bobotie mince in an ovenproof dish and pour over the egg topping. Bake in the hot oven until the topping is set and golden, 15-20 minutes.

**5. DELISH TRADISH DISH** Dish up the parsley-basmati rice alongside spoonfuls of the golden bobotie. Garnish with the remaining parsley and dollop over the remaining chutney. Geniet dit, Chef!

## Nutritional Information

Per 100g

Energy	768kj
Energy	184kcal
Protein	7g
Carbs	24g
of which sugars	9.8g
Fibre	1.9g
Fat	6.7g
of which saturated	2.4g
Sodium	166mg

## Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat  
Within  
1 Day