



UCOOK

South African Bototie

with coriander rice & chutney

Every Saffa knows this dish and now you can add it to your personal recipe log! A filling of rich beef 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 coriander-basmati rice and dollops of Mrs. Ball's chutney. Sounds like home!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 *NEW Simple & Save

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

225ml	White Basmati Rice
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
3,75ml	Ground Turmeric
360g	Carrot <i>peeled, trimmed & cut into small chunks</i>
2	Onions <i>1½ peeled & finely diced</i>
450g	Beef Mince
45ml	NOMU Indian Rub
60g	Golden Sultanas
125ml	Mrs. Ball's 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. Rinse the rice and place in a pot over medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary, stir through ¾ of the chopped coriander, and season. Cover to keep warm.

2. EGGY TOPPING Place 50ml of milk in a mixing bowl and whisk in the turmeric. Crack in 3 eggs and whisk until combined. Season and set aside.

3. BEEF UP THE 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 4-5 minutes until the onion is caramelised, 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.

4. GET READY TO BAKE Evenly spread out the bobotie mince 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. DELISH TRADISH DISH Dish up some coriander basmati rice alongside spoonfuls of the golden bobotie. Garnish with the remaining coriander and dollop over the remaining chutney. Geniet dit, Chef!

Nutritional Information

Per 100g

Energy	734kJ
Energy	175kcal
Protein	7g
Carbs	23g
of which sugars	10.2g
Fibre	1.9g
Fat	5.9g
of which saturated	2.2g
Sodium	185mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days