



UCCOOK

Traditional Beef Bobotie

with a balsamic tomato salad, sultanas & chutney

A super simple yet tasty traditional South African favourite. Fragrant layers of spiced beef mince are embedded with golden sultanas and curry spices. A soft turmeric egg makes the perfect golden topping. Served with coriander-infused white basmati rice and a tomato & cucumber salad. Good, better, bobotie!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Simonsig | Die Kluisenaar White Blend

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Ingredients & Prep

225ml	White Basmati Rice <i>rinsed</i>
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
360g	Carrot
2	Onions
300g	Baby Tomatoes
300g	Cucumber
3,75ml	Ground Turmeric
450g	Free-range Beef Mince
90ml	Bobotie Spice <i>(45ml NOMU Indian Rub & 45ml Medium Curry Paste)</i>
60g	Golden Sultanas
125ml	Mrs. Ball's Chutney
30ml	Balsamic Vinegar

From Your Kitchen

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

1. READY THE RICE Preheat the oven to 200°C. Place the rinsed rice in a pot with 450ml 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 $\frac{3}{4}$ of the chopped coriander, and cover.

2. SOME PREP Rinse, peel, trim, and cut the carrot into small chunks. Peel and finely dice $1\frac{1}{2}$ of the onions. Rinse and halve the baby tomatoes. Rinse and cut the cucumber into half-moons.

3. GOLDEN CROWN In a bowl, combine 150ml of milk, the turmeric, and seasoning. Crack in 3 eggs and whisk until combined. Set aside.

4. FLAVOURFUL MINCE Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot chunks and the diced onion. Fry until soft and browned, 5-7 minutes (shifting occasionally). Add in the mince and break it up as it starts to cook. Allow to caramelize until browned, 5-6 minutes (stirring occasionally). Add the bobotie spice (to taste), the sultanas, and $\frac{1}{2}$ the chutney, and fry until fragrant, 1-2 minutes. Add 150ml of water, and simmer until slightly reduced and thickened, 8-10 minutes (stirring occasionally). Season.

5. TO TOP IT ALL OFF Evenly spread out the cooked mince mix in an ovenproof dish. Pour over the egg topping. Bake in the hot oven until the topping is set and golden, 15-20 minutes.

6. FRESH SIDE SALAD In a salad bowl, combine the halved baby tomatoes, the cucumber half-moons, the vinegar, a drizzle of olive oil, and seasoning.

7. DELISH TRADISH DISH Dish up the coriander rice and the golden bobotie. Garnish with the remaining coriander and dollop over the remaining chutney. Serve the tomato salad on the side. Lekker, Chef!

Nutritional Information

Per 100g

Energy	553kj
Energy	132kcal
Protein	5.2g
Carbs	18g
of which sugars	7.6g
Fibre	2.3g
Fat	4.4g
of which saturated	1.6g
Sodium	102mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days