



Eat Within 4 Days

UCCOOK

Strandveld's Biltong Bobotie

with a baby tomato salad

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Strandveld Winery

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	328kJ	1847kJ
Energy	78kcal	442kcal
Protein	6.4g	36g
Carbs	10g	56g
of which sugars	6g	34g
Fibre	2.4g	13.4g
Fat	1g	5.9g
of which saturated	0.2g	1g
Sodium	247mg	1393mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2.5ml	5ml	Ground Turmeric
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
20ml	40ml	Bobotie Spice <i>10ml [20ml] NOMU Does Everything & 10ml [20ml] Curry Powder)</i>
10g	20g	Golden Sultanas
20ml	40ml	Mrs Balls Chutney
50g	100g	Beef Biltong <i>roughly chop</i>
40g	80g	Peas
20g	40g	Green Leaves <i>rinse</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
30ml	60ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Milk
Butter

1. EGG-CELLENT START Preheat the oven to 220°C. In a bowl, combine 50ml [100ml] of milk, the turmeric, and seasoning. Crack in 1 [2] egg/s and whisk until combined. Set aside.

2. BRING ON THE BOBOTIE Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the onions and carrots until starting to brown and soften, 5-8 minutes (shifting occasionally). Add the bobotie spice and fry until fragrant, 1-2 minutes. Add the sultanas, ½ the chutney, and fry until fragrant, 1-2 minutes. Add 50ml [100ml] of water, and simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and mix through the biltong and peas. Season.

3. GOLDEN DOME Evenly spread out the cooked carrot 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.

4. FRESH SALAD In a salad bowl, combine the green leaves, tomatoes, cucumber, lemon juice, a drizzle of olive oil, and seasoning.

5. A TASTE OF HOME Dish up the golden bobotie, and dollop over the remaining chutney. Serve the tomato salad on the side. Lekker, Chef!