UCOOK

UCOOK Ready-to-heat Beef Bobotie

with white basmati rice, Mrs Ball's chutney & a tomato raita

This recipe is perfect for those nights that you just want to chuck it in the oven, set it, and forget it! We've taken care of the mains, featuring our flavourful Cape Malay-inspired beef bobotie. All you need to do is make the sultana-dotted rice & the herby tomato raita. Dinner = sorted!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: UCOOK

🖐 Quick & Easy

🍾 Delheim Wines | Delheim Heritage Edelspatz Noble Late Harvest

Ingredients & Prep

1	Cape Malay Beef Bobotie
10g	Golden Sultanas
100ml	White Basmati Rice
1	Onion
1	Tomato
4g	Fresh Coriander
30ml	Mrs Ball's Chutney

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BOBOTIE See cooking instruction on beef bobotie packaging.

2. NICE RICE Roughly chop the sultanas. Rinse the rice. Place the rinsed rice in a pot with 225ml of salted water. Cover with the lid and bring to the boil. Reduce the heat and simmer until most of the water has been absorbed, about 8-10 minutes. Keeping the lid on, remove from the heat and steam with the lid on for 10 minutes. Drain if necessary and toss through the chopped sultanas.

3. PREP & RAITA Peel and finely dice ¼ the onion. Roughly dice ½ the tomato. Rinse and roughly chop the coriander. In a bowl, combine the diced onion (to taste), the diced tomato, ½ the chopped coriander, a drizzle of olive oil, and seasoning.

4. AS SIMPLE AS THAT! Serve up the Cape Malay beef bobotie. Side with the sultana rice and the tomato raita. Dollop over the chutney. Sprinkle over the remaining coriander. Service, please!

Nutritional Information

Per 100g

Energy	1831kJ
Energy	438kcal
Protein	7.2g
Carbs	20g
of which sugars	7.7g
Fibre	2.6g
Fat	5.2g
of which saturated	1.8g
Sodium	250mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook within 3 Days