



UCCOOK

Zippy Lentil Bobotie

with a balsamic tomato salad, sultanas & chutney

A super simple yet tasty twist on a traditional South African favourite. Fragrant layers of spiced lentils are embedded with golden sultanas, onion & carrots. A soft turmeric egg makes the perfect golden topping. Served with white basmati rice and a tomato & cucumber salad. Good, better, lentil bobotie!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

Muratie Wine Estate | Muratie Laurens
Campher White Blend

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1,25ml	Ground Turmeric
120g	Carrot <i>peel, trim & cut into small chunks</i>
1	Onion <i>peel & finely dice ½</i>
30ml	Bobotie Spice <i>(15ml NOMU Indian Rub & 15ml Medium Curry Powder)</i>
120g	Tinned Lentils <i>drain & rinse</i>
20g	Golden Sultanas
40ml	Mrs Ball's Chutney
100g	Baby Tomatoes <i>rinse & halve</i>
100g	Cucumber <i>cut into half-moons</i>
10ml	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 150ml 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 coriander, and cover.

2. GOLDEN CROWN In a bowl, combine 50ml of milk, the turmeric, and seasoning. Crack in 1 egg and whisk until combined. Set aside.

3. SMELL THOSE FAMILIAR FLAVOURS 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, 4-6 minutes (shifting occasionally). Mix in the bobotie spice (to taste), the rinsed lentils, the sultanas, ½ the chutney, and 50ml of water. Simmer until slightly reduced and thickened, 5-8 minutes (stirring occasionally). Season.

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

5. A SIDE OF SALAD In a bowl, combine the halved baby tomatoes, the cucumber half-moons, the vinegar, a drizzle of olive oil, and seasoning.

6. 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. Geniet dit, Chef!

Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	4.5g
Carbs	24g
of which sugars	7.9g
Fibre	4.6g
Fat	0.5g
of which saturated	0.1g
Sodium	106mg

Allergens

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

Eat
Within
4 Days