



WCOOK

Zippy Lentil Bobotie

with a balsamic tomato salad, sultanas & chutney

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Grootse Post Winery | Grootse Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	517kJ	4097kJ
Energy	124kcal	980kcal
Protein	4.6g	36.6g
Carbs	25g	202g
of which sugars	7.7g	61.3g
Fibre	4.7g	36.9g
Fat	0.6g	4.6g
of which saturated	0.1g	0.4g
Sodium	39mg	309mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1,25ml	2,5ml	Ground Turmeric
120g	240g	Carrot <i>peel, trim & cut into small chunks</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
30ml	60ml	Bobotie Spice <i>(15ml [30ml] NOMU Garam Masala Rub & 15ml [30ml] Medium Curry Powder)</i>
120g	240g	Tinned Lentils <i>drain & rinse</i>
20g	40g	Golden Sultanas
40ml	80ml	Mrs Ball's Chutney
1	2	Tomato/es <i>rinse & roughly dice</i>
100g	200g	Cucumber <i>cut into half-moons</i>
10ml	20ml	Balsamic Vinegar

From Your Kitchen

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

1. **READY THE RICE** Preheat the oven to 200°C. Place the rice in a pot with 200ml [400ml] 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 [100ml] of milk, the turmeric, and seasoning. Crack in 1 [2] egg/s 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 and the onion. Fry until soft and browned, 4-6 minutes (shifting occasionally). Mix in the bobotie spice (to taste), the lentils, the sultanas, ½ the chutney, and 50ml [100ml] 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 tomato, the cucumber, 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!