



UCCOOK

Lamb Bobotie & Charred Corn Salad

with balsamic vinegar & baby tomatoes

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Gina Kamps

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	453kJ	3250kJ
Energy	108kcal	777kcal
Protein	6.2g	44.7g
Carbs	11g	76g
of which sugars	6.4g	45.6g
Fibre	1.9g	13.9g
Fat	4.5g	32.6g
of which saturated	1.8g	12.7g
Sodium	131mg	940mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3,75ml	5ml	Ground Turmeric
120g	160g	Corn
360g	480g	Carrot <i>rinse, trim, peel & finely dice</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
450g	600g	Free-range Lamb Mince
75ml	100ml	Bobotie Spice <i>(45ml [60ml] NOMU Italian Rub & 30ml [40ml] Medium Curry Powder)</i>
30g	40g	Golden Sultanas <i>roughly chop</i>
90ml	125ml	Mrs Balls Chutney
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
30ml	40ml	Balsamic Vinegar
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. GOLDEN CROWN Preheat the oven to 200°C. In a bowl, combine 150ml [200ml] of milk, the turmeric, and seasoning. Crack in 3 [4] eggs and whisk until combined. Set aside.

2. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. FLAVOURFUL MINCE Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot and the onions, until soft and browned, 5-7 minutes (shifting occasionally). Add in the mince and break it up as it starts to cook. Allow to caramelise until browned, 6-7 minutes (stirring occasionally). Add the bobotie spice (to taste), the sultanas, ½ the chutney, and fry until fragrant, 1-2 minutes. Add 150ml [200ml] of water, and simmer until slightly reduced, 4-5 minutes (stirring occasionally). Season.

4. 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.

5. FRESH SIDE SALAD In a salad bowl, combine the baby tomatoes, the cucumber, the vinegar, the charred corn, a drizzle of olive oil, and seasoning.

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