



# UCOOK

## Traditional Ostrich Bobotie

with a balsamic tomato salad, raisins & chutney

A super simple yet tasty traditional South African favourite. Fragrant layers of spiced ostrich mince are embedded with raisins and curry spices. A soft turmeric egg makes the perfect golden topping. Served with coriander-infused white basmati rice and a tomato & cucumber salad. Good, better, bobotie!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes


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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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## Ingredients & Prep

150ml	White Basmati Rice <i>rinse</i>
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
2,5ml	Ground Turmeric
240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; finely dice</i>
300g	Free-range Ostrich Mince
60ml	Bobotie Spice <i>(30ml NOMU Italian Rub &amp; 30ml Medium Curry Powder)</i>
40g	Raisins
100ml	Mrs Balls Chutney
200g	Baby Tomatoes <i>rinse &amp; halve</i>
200g	Cucumber <i>rinse &amp; cut into half-moons</i>
20ml	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 300ml 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 100ml of milk, the turmeric, and seasoning. Crack in 2 eggs and whisk until combined. Set aside.

**3. FLAVOURFUL MINCE** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot pieces and the diced onion until soft and browned, 4-6 minutes (shifting occasionally). Add in the mince and break it up as it starts to cook. Allow to caramelise until browned, 4-5 minutes (stirring occasionally). Add the bobotie spice (to taste), the raisins, and ½ the chutney. Fry until fragrant, 1-2 minutes. Add 100ml of water and simmer until slightly reduced and thickened, 5-8 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 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. Lekker, Chef!

## Nutritional Information

Per 100g

Energy	485kJ
Energy	116kcal
Protein	5.7g
Carbs	18g
of which sugars	8g
Fibre	2g
Fat	2.2g
of which saturated	0.5g
Sodium	105mg

## Allergens

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

Cook  
within  
4 Days