



UCOOK

Fusion Bobotie Rotis

with raita, slivered almonds & golden sultanas

A fusion feast! Warm cocktail rotis are piled high with an Indian take on traditional lentil bobotie. Served with raita, chutney and slivered almonds - this ready-in-four-steps dinner will be gobbled in seconds!


Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

1	Red Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
10ml	NOMU Indian Rub
120g	Lentils <i>drained & rinsed</i>
10g	Golden Sultanas
30ml	Mrs Ball's Chutney
10g	Slivered Almonds
1	Tomato <i>roughly diced</i>
50g	Cucumber <i>diced</i>
4	Cocktail Rotis
30ml	Raita
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. MIX & SIMMER Place a pan over a medium-high heat with a drizzle of oil. When hot, add ½ the diced onion and fry for 3-4 minutes until soft and translucent. Add the grated garlic and ginger and fry for 1 minute, until fragrant, shifting constantly. Add the Indian rub, the drained lentils, the sultanas, ½ the chutney and 20ml of water. Mix until fully combined and leave to simmer for 3-5 minutes until slightly reduced and thickened, stirring occasionally. Season to taste.

2. NUTS & SALSA Place the slivered almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. In a bowl, mix the diced tomato, the diced cucumber, the remaining onion, a drizzle of olive oil and some seasoning.

3. WARM THE ROTIS Return the pan to a medium heat. When hot, warm the rotis for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm.

4. PILE IT UP! Lay out the warmed cocktail rotis. Spread on the remaining chutney. Pile on the lentil bobotie mix and top with the red onion and tomato salsa. Dollop with the raita and sprinkle over the slivered almonds and the fresh coriander. Scrumptious, Chef!

Nutritional Information

Per 100g

Energy	606kJ
Energy	145Kcal
Protein	6.5g
Carbs	24g
of which sugars	7.8g
Fibre	5.2g
Fat	2.4g
of which saturated	0.3g
Sodium	239mg

Allergens

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

Cook
within 3
Days