



# WCOOK

## Bobotie Rotis

with raita, almonds & golden sultanas

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Sophie Germanier Organic | Chardonnay Organic

### Nutritional Info

	Per 100g	Per Portion
Energy	598kJ	3669kJ
Energy	143kcal	878kcal
Protein	6.2g	37.8g
Carbs	25g	151g
of which sugars	8.2g	50.2g
Fibre	5g	30.8g
Fat	2.2g	13.8g
of which saturated	0.3g	1.7g
Sodium	212mg	1303mg

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Celery Stalks <i>rinse &amp; roughly dice</i>
12	16	Cocktail Rotis
90ml	125ml	Raita
2	2	Spring Onions <i>rinse, trim &amp; finely slice</i>
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
3	4	Tomatoes <i>rinse &amp; roughly dice</i>
30ml	40ml	NOMU Indian Rub
30g	40g	Golden Sultanas
30g	40g	Fresh Ginger <i>peel &amp; grate</i>
90ml	120ml	Mrs Ball's Chutney
30g	40g	Slivered Almonds
360g	480g	Tinned Lentils <i>drain &amp; rinse</i>
3	4	Garlic Cloves <i>peel &amp; grate</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. MIX & SIMMER** Place a pan over medium-high heat with a drizzle of oil. When hot, add the onion and fry until soft and translucent, 5-6 minutes (shifting occasionally). Add the garlic and the ginger and fry until fragrant, 1 minute (shifting constantly). Mix in the NOMU rub, the lentils, the sultanas, ½ the chutney and 60ml [80ml] water. Simmer until slightly reduced and thickened, 5-6 minutes (stirring occasionally). Season.

**2. TOASTED NUTS** Place the almonds in a clean pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. MAKE THE SALSA** In a bowl, mix the tomato, the celery, and ½ the spring onion (to taste) with a drizzle of olive oil and seasoning.

**4. WARM THE ROTIS** Return the pan to medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**5. PILE IT UP!** Spread out the warmed cocktail rotis. Spread on the remaining chutney. Pile on the lentil bobotie mix and top with the onion and tomato salsa. Dollop with the raita and sprinkle over the almonds and the remaining spring onion. Scrumptious, Chef!