



# UCCOOK

## Traditional Beef Bobotie

with a balsamic tomato salad, sultanas & chutney

A super simple yet tasty traditional South African favourite. Fragrant layers of spiced beef mince are embedded with golden sultanas 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:** 1 Person

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**Chef:** Kate Gomba

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 Quick & Easy

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 Simonsig | Die Kluisenaar White Blend

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## Ingredients & Prep

75ml	White Basmati Rice <i>rinsed</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
120g	Carrot
1	Onion
100g	Baby Tomatoes
100g	Cucumber
1,25ml	Ground Turmeric
150g	Free-range Beef Mince
30ml	Bobotie Spice <i>(15ml NOMU Indian Rub &amp; 15ml Medium Curry Paste)</i>
20g	Golden Sultanas
45ml	Mrs. Ball's Chutney
10ml	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 150ml 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  $\frac{3}{4}$  of the chopped coriander, and cover.

**2. SOME PREP** Rinse, peel, trim, and cut the carrot into small chunks. Peel and finely dice  $\frac{1}{2}$  the onion. Rinse and halve the baby tomatoes. Rinse and cut the cucumber into half-moons.

**3. GOLDEN CROWN** In a bowl, combine 50ml of milk, the turmeric, and seasoning. Crack in 1 egg and whisk until combined. Set aside.

**4. FLAVOURFUL MINCE** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrot chunks 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, 3-4 minutes (stirring occasionally). Add the bobotie spice (to taste), the sultanas, and  $\frac{1}{2}$  the chutney, and fry until fragrant, 1-2 minutes. Add 50ml of water, and simmer until slightly reduced and thickened, 5-8 minutes (stirring occasionally). Season.

**5. 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.

**6. 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.

**7. 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	553kj
Energy	132kcal
Protein	5.2g
Carbs	18g
of which sugars	7.6g
Fibre	2.3g
Fat	4.4g
of which saturated	1.6g
Sodium	102mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days