



# UCCOOK

## Strandveld's Biltong Bobotie

with a baby tomato salad

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Strandveld Winery

**Wine Pairing:** Strandveld | The Navigator Red Blend

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 328kJ    | 1847kJ      |
| Energy             | 78kcal   | 442kcal     |
| Protein            | 6.4g     | 36g         |
| Carbs              | 10g      | 56g         |
| of which sugars    | 6g       | 34g         |
| Fibre              | 2.4g     | 13.4g       |
| Fat                | 1g       | 5.9g        |
| of which saturated | 0.2g     | 1g          |
| Sodium             | 247mg    | 1393mg      |

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

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                           |
|----------|------------|-------------------------------------------------------------------------------------------|
| 7.5ml    | 10ml       | Ground Turmeric                                                                           |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i>                       |
| 2        | 2          | Onions<br><i>peel &amp; roughly dice 1½ [2]</i>                                           |
| 60ml     | 80ml       | Bobotie Spice<br><i>(30ml [40ml] NOMU Does Everything &amp; 30ml [40ml] Curry Powder)</i> |
| 30g      | 40g        | Golden Sultanas                                                                           |
| 60ml     | 125ml      | Mrs Balls Chutney                                                                         |
| 150g     | 200g       | Beef Biltong<br><i>roughly chop</i>                                                       |
| 120g     | 160g       | Peas                                                                                      |
| 60g      | 80g        | Green Leaves<br><i>rinse</i>                                                              |
| 240g     | 320g       | Baby Tomatoes<br><i>rinse &amp; cut in half</i>                                           |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; cut into thin rounds</i>                                       |
| 90ml     | 125ml      | Lemon Juice                                                                               |

## From Your Kitchen

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

**1. EGG-CELLENT START** Preheat the oven to 220°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. BRING ON THE BOBOTIE** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the onions and carrots until starting to brown and soften, 8-10 minutes (shifting occasionally). Add the bobotie spice and fry until fragrant, 1-2 minutes. Add 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). Remove from the heat and mix through the biltong and peas. Season.

**3. GOLDEN DOME** Evenly spread out the cooked carrot 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.

**4. FRESH SALAD** In a salad bowl, combine the green leaves, tomatoes, cucumber, lemon juice, a drizzle of olive oil, and seasoning.

**5. A TASTE OF HOME** Dish up the golden bobotie, and dollop over the remaining chutney. Serve the tomato salad on the side. Lekker, Chef!