

QCOOK

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: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	563kj	3694kj
Energy	135kcal	884kcal
Protein	5.8g	38.1g
Carbs	23g	152g
of which sugars	7.7g	50.8g
Fibre	4.7g	31.1g
Fat	2.1g	13.8g
of which saturated	0.3g	1.7g
Sodium	198mg	1302mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely dice 1½ [2]</i>
3	4	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
30ml	40ml	NOMU Indian Rub
360g	480g	Tinned Lentils <i>drain & rinse</i>
30g	40g	Golden Sultanas
90ml	120ml	Mrs Ball's Chutney
30g	40g	Slivered Almonds
3	4	Tomatoes <i>rinse & roughly dice</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
12	16	Cocktail Rotis
90ml	120ml	Raita

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 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 cucumber, and ½ the spring onion (to taste) with a drizzle of olive oil and seasoning.

4. WARM THE ROTIS Place a clean pan over 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!