



UCOOK

Lamb Bobotie & Charred Corn Salad

with balsamic vinegar & baby tomatoes

Make everyone entering your home salivate as they smell aromas of this South African favourite. Bobotie-spiced lamb is elevated with carrots & onion, sweet pops of sultanas, and another Mzansi classic, Mrs Balls chutney. The creamy turmeric topping is baked until perfectly golden, then sided with a charred corn & baby tomato salad.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Gina Kamps

Carb Conscious

Organic by SG | Pinotage

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1,25ml	Ground Turmeric
40g	Corn
120g	Carrot <i>rinse, trim, peel & finely dice</i>
1	Onion <i>peel & finely dice ½</i>
150g	Free-range Lamb Mince
25ml	Bobotie Spice <i>(15ml NOMU Italian Rub & 10ml Medium Curry Powder)</i>
10g	Golden Sultanas <i>roughly chop</i>
30ml	Mrs Balls Chutney
80g	Baby Tomatoes <i>rinse & cut in half</i>
100g	Cucumber <i>rinse & cut into half-moons</i>
10ml	Balsamic Vinegar
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

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

2. CHARRED CORN Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FLAVOURFUL MINCE Return the pan to 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, ½ the chutney, and fry until fragrant, 1-2 minutes. Add 50ml of water, and simmer until slightly reduced, 2-3 minutes (stirring occasionally). Season.

4. 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.

5. FRESH SIDE SALAD In a salad bowl, combine the halved baby tomatoes, the cucumber half-moons, the vinegar, the charred corn, a drizzle of olive oil, and seasoning.

6. DELISH TRADISH DISH Dish up the golden bobotie. Garnish with the chopped coriander and dollop over the remaining chutney. Serve the tomato and corn salad on the side. Lekker, Chef!

Nutritional Information

Per 100g

Energy	453kj
Energy	108kcal
Protein	6.2g
Carbs	11g
of which sugars	6.4g
Fibre	1.9g
Fat	4.5g
of which saturated	1.8g
Sodium	131mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites

Eat
Within
3 Days