



# QCOOK

## Charred Corn Salad & Ostrich Bobotie

with balsamic vinegar & baby tomatoes

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Gina Kamps

**Wine Pairing:** Muratie Wine Estate | Muratie Melck's-  
Blended Red

### Nutritional Info

	Per 100g	Per Portion
Energy	357kJ	2558kJ
Energy	85kcal	612kcal
Protein	5.3g	37.9g
Carbs	10g	74g
of which sugars	6.1g	44g
Fibre	1.9g	13.9g
Fat	2.2g	16.1g
of which saturated	0.5g	3.8g
Sodium	129mg	926mg

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

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1,25ml	2,5ml	Ground Turmeric
40g	80g	Corn
150g	300g	Free-range Ostrich Mince
120g	240g	Carrot <i>rinse, trim, peel &amp; finely dice</i>
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
25ml	50ml	Bobotie Spice <i>(15ml [30ml] NOMU Italian Rub &amp; 10ml [20ml] Medium Curry Powder)</i>
10g	20g	Golden Sultanas <i>roughly chop</i>
30ml	60ml	Mrs Balls Chutney
80g	160g	Baby Tomatoes <i>rinse &amp; cut in half</i>
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
10ml	20ml	Balsamic Vinegar
3g	5g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

1. **GOLDEN CROWN** Preheat the oven to 200°C. In a bowl, combine 50ml [100ml] of milk, the turmeric, and seasoning. Crack in 1 [2] egg/s and whisk until combined. Set aside.

2. **CHARRED CORN** 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 and the 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 [100ml] of water, and simmer until slightly reduced, 3-4 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 baby tomatoes, the cucumber, the vinegar, the charred corn, a drizzle of olive oil, and seasoning.

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