



UCCOOK

Pork Bobotie

with parsley rice & chutney

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	692kJ	3966kJ
Energy	166kcal	949kcal
Protein	6.2g	35.5g
Carbs	22g	125g
of which sugars	9.1g	52g
Fibre	1.9g	10.6g
Fat	5.8g	33.5g
of which saturated	2.1g	12g
Sodium	146mg	838mg

Allergens: Cow's Milk, Egg, Allium, Sulphites

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
2.5ml	5ml	Ground Turmeric
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice</i>
150g	300g	Pork Mince
15ml	30ml	NOMU Indian Rub
20g	40g	Golden Sultanas
40ml	80ml	Mrs Balls Chutney

From Your Kitchen

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

1. BEAUTIFUL BASMATI Preheat the oven to 200°C. Place the rice in a pot with 150ml [300ml] 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 ¾ of the parsley, and cover.

2. EGGY TOPPING In a bowl, mix 50ml [100ml] of milk with the turmeric. Crack in 1 [2] egg/s and whisk until combined. Season and set aside.

3. PORK MINCE Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the carrot and the onion until caramelised, 4-5 minutes (shifting regularly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (stirring occasionally). In the final minute, add the NOMU rub, the sultanas, and ½ the chutney. Stir until combined and season.

4. BAKE IT Evenly spread the bobotie mince in an ovenproof dish and pour over the egg topping. Bake in the hot oven until the topping is set and golden, 15-20 minutes.

5. DELISH TRADISH DISH Dish up the parsley-basmati rice alongside spoonfuls of the golden bobotie. Garnish with the remaining parsley and dollop over the remaining chutney. Geniet dit, Chef!