



UCOOK

Herman's Bobotie Meatballs

with fresh tomato & a coconut-curry sauce

Dig in to Herman's premium bobotie meatballs filled with chutney, almonds, garlic and NOMU Indian rub. Served on a bed of turmeric rice and sided with a fresh tomato and spring onion salsa. A twist on a classic you'll surely enjoy!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Herman Lensing

♥ Health Nut

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Syrah

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Ingredients & Prep

300ml	Brown Basmati Rice
15ml	Turmeric
45g	Almonds
3	Plum Tomatoes <i>diced</i>
3	Spring Onions <i>finely sliced</i>
2	Onions <i>1½ peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
85ml	Mrs Balls Chutney
450g	Free-range Beef Mince
45ml	NOMU Indian Rub
300ml	Coconut Milk Lite
45g	Golden Sultanas
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. RICE & SHINE Preheat the oven to 200°C. Place a pot over medium-high heat. Rinse the rice and place in the pot with the turmeric. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. TOASTY NUTS Place the slithered almonds in a large pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and roughly chop. In a bowl, toss together the diced tomato and sliced spring onion with a drizzle of oil and some seasoning.

3. BOBOTIE MEATBALLS In a bowl, place the diced onion (to taste), grated garlic, chutney, mince, ⅓ of the chopped almonds, and ½ of the Indian Rub. Add some seasoning and mix until fully combined. Lightly wet your hands to stop the mixture from sticking to them and roll into 4-5 meatballs per portion. Place on a greased baking tray and coat in a little oil.

4. ALMOST THERE... Pop the tray of meatballs in the hot oven and bake for 8-10 minutes until browned and cooked through, shifting halfway. Remove from the oven on completion. Mix the coconut milk and the remaining rub until the rub is fully incorporated. Return the pan to a medium heat. Once hot, add the spiced coconut milk and leave to simmer for 4-5 minutes, until slightly reduced and thickened.

5. DIG IN! Toss the golden sultanas and ⅓ of the toasted almonds through the turmeric rice. Bowl up a heaping helping of the turmeric rice. Spoon over the curry sauce and bobotie meatballs. Serve with the fresh diced tomato and spring onion. Sprinkle over the fresh parsley and remaining almonds. Indulge!



Chef's Tip

Have a bowl of water next to you when you start rolling your meatballs. Dip your hands into it between shaping to prevent the mince from sticking to you. Refrigerate them until frying to help retain their shape!

Nutritional Information

Per 100g

Energy	744kj
Energy	178Kcal
Protein	6.7g
Carbs	19g
of which sugars	5.8g
Fibre	2.4g
Fat	8.6g
of which saturated	3.8g
Sodium	146mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days