



U C O O K

— COOKING MADE EASY

HOMESTYLE BOBOTIE PIE

**with sautéed cabbage, sultanas & roast
cannellini beans**

Indulgent crumbles of butter pastry encasing
homemade bobotie — that traditional South
African favourite. With a Dijon-pickled red
onion and butter lettuce side salad. The flavour
of comfort ready in two ticks!

Hands-On Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tami Schrire

 **Easy Peasy**

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Ingredients & Prep

330g	Bobotie Beef Pie
17.5ml	Dijon Dressing (5ml honey, 2.5ml dijon mustard & 10ml sherry vinegar)
1	Red Onion one half peeled & thinly sliced
60g	Cannellini Beans drained & rinsed
15g	Golden Sultanas
15g	Pumpkin Seeds
75g	Shredded Green Cabbage
20g	Butter Lettuce rinsed

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Tinfoil
Water
Egg

1. PIE IS LIFE Preheat the oven to 190°C. Make sure the shelf is in the middle of the oven. Whisk 1 egg in a bowl with a splash of water. Brush the top of the pie with the egg wash using a pastry brush or your fingers. Bake in the hot oven for 30-35 minutes until golden and cooked through. Check it at the halfway mark to make sure the top of the pie isn't browning too quickly. If it is, cover with some tinfoil and pop it back in the oven for the remaining cooking time.

2. PICKLE DEM ONIONS Place the Dijon Dressing in a salad bowl, mix with a splash of water, and season to taste. Toss the sliced onion through the dressing and set aside to pickle.

3. ROAST CANNELLINIS Place the drained cannellini beans on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until crispy. In the final 3-4 minutes, add the sultanas to the tray. Toss them through the beans and return the tray to the oven.

4. PUMPKIN SEEDS Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

5. SAUTÉ THE CABBAGE When the pie has 5 minutes to go, return the pan to a medium heat with a drizzle of oil. When hot, sauté the shredded green cabbage for 2-3 minutes until slightly wilted but still crunchy. Remove from the pan and set aside in a large bowl.

6. SIDE DISHES Just before serving, toss the rinsed butter lettuce with the pickled onions and Dijon Dressing. Add the sultanas and roast cannellini beans to the bowl of sautéed cabbage. Toss together and season to taste.

7. PIE PERFECTION Serve up this scrumptious bobotie pie! Side with the crisp pickled onion salad and a hearty helping of cabbage, cannellinis, and sultanas. Finally, garnish with the toasted pumpkin seeds. Delish, Chef!



Chef's Tip

Pumpkin seeds contain omega-3 and omega-6 fatty acids, antioxidants, fiber, and protein. Their versatility makes them a great addition to your diet – from breakfasts to dinners!

Nutritional Information

Per 100g

Energy	622kJ
Energy	149Kcal
Protein	2g
Carbs	17g
of which sugars	4g
Fibre	1g
Fat	7g
of which saturated	0g
Salt	0g

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day