



WCOOK

Bobotie Rotis

with raita, almonds & golden sultanas

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Veggie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	598kJ	3669kJ
Energy	143kcal	878kcal
Protein	6.2g	37.8g
Carbs	25g	151g
of which sugars	8.2g	50.2g
Fibre	5g	30.8g
Fat	2.2g	13.8g
of which saturated	0.3g	1.7g
Sodium	212mg	1303mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Celery Stalk/s <i>rinse & roughly dice</i>
10g	20g	Golden Sultanas
4	8	Cocktail Rotis
1	1	Spring Onion <i>rinse, trim & finely slice</i>
30ml	60ml	Mrs Ball's Chutney
10g	20g	Slivered Almonds
30ml	60ml	Raita
1	2	Garlic Clove/s <i>peel & grate</i>
120g	240g	Tinned Lentils <i>drain & rinse</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
10ml	20ml	NOMU Indian Rub
1	1	Onion <i>peel & finely dice ½ [1]</i>
10g	20g	Fresh Ginger <i>peel & grate</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. MIX & SIMMER Place a pan over medium-high heat with a drizzle of oil. When hot, add the onion and fry until soft and translucent, 4-5 minutes (shifting occasionally). Add the garlic and the ginger and fry until fragrant, 1 minute (shifting constantly). Mix in the NOMU rub, the lentils, the sultanas, ½ the chutney and 20ml [40ml] water. Simmer until slightly reduced and thickened, 3-5 minutes (stirring occasionally). Season.

2. TOASTED NUTS Place the almonds in a clean pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MAKE THE SALSA In a bowl, mix the tomato, the celery, and ½ the spring onion (to taste) with a drizzle of olive oil and seasoning.

4. WARM THE ROTIS Return the pan to medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. PILE IT UP! Spread out the warmed cocktail rotis. Spread on the remaining chutney. Pile on the lentil bobotie mix and top with the onion and tomato salsa. Dollop with the raita and sprinkle over the almonds and the remaining spring onion. Scrumptious, Chef!