

Traditional Bobotie

Bobotie is a spicy minced meat dish topped with an egg custard. It reflects the cultural melting pot of South Africa: The traditional South African bobotie is combination of Indonesian, Dutch and Cape Malay traditional dishes.

Per serving: 409kcal, 3:1 ratio, 11.2g protein, 2.5g carbs

Ingredients

42.0 g Beef, minced meat, 90% lean, raw
2.0 g Onion, raw
15.0 g Butter, Springbok unsalted (Clover)
1.0 g Garlic, peeled
0.1 g Curry powder
0.1 g Turmeric, ground
0.1 g Curry powder
15.0 g Egg, raw, mixed well
1.0 g Worcestershire Sauce
8.0 g Olive oil
1.0 g Jam, Apricot (Weigh Less)
36.0 g Cream, whipping, 37% (WW)

Directions

1. Heat half of oil and butter in large pan and fry onions and garlic.
2. Cook mince in the remaining oil and butter, over low heat, stirring, and when meat loses its pinkness, remove from stove
3. When onions are soft, add curry powder, salt, chutney, jam, Worcester sauce, turmeric and vinegar and mix well.
4. Spoon mince mixture into a greased, 28 x 16 cm baking dish and level the top.
5. Beat egg with cream and the salt and turmeric. Pour over meat mixture and put a few bay leaves on top.
6. Stand dish in a larger pan of water (this is important to prevent drying out) and bake, uncovered, at 180°C for 1 hour or until set.