

South African Bobotie

Spiced Beef with Golden Topping

Enjoy this comforting, rich, aromatic meal full of African flavours!

hellóchef

Cals 831 • Prot 57 • Carbs 98 • Fat 26

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🕒 cook: 75 min

R3332



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Bobotie	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Ciabatta 10* , 11*	1	1	2	Piece
Whole milk 4*	200	200	400	ML
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Lemon	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Vegetable stock cube 15*	1	1	2	Piece
Curry powder	5	5	10	Grams
Dried oregano	2	2	4	Grams
Cumin powder	4	4	4	Grams
Turmeric powder	2	2	4	Grams
Mango chutney	50	75	100	Grams
Tomato paste	30	50	70	Grams
Black pepper	0.5	1	1	Tsp
Organic Eggs 5*	1	2	2	Piece
Dried bay leaves	3	4	6	Piece

Salad

Cherry tomatoes	150	250	300	Grams
Cucumber	2	3	4	Piece
Golden raisins 14*	30	45	60	Grams
Shallots	1	1	2	Piece
Salt	1	1	2	Tsp
Olive oil	1	1	2	Tbsp

Allergens

***10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *5 Eggs, *14 Sulphur Dioxide**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving*

Energy (kJ/kcal)	3488 / 831
Fat (g)	25.8
of which saturates (g)	10.6
Carbohydrate (g)	98
of which sugars (g)	41.9
Fiber (g)	11.9
Protein (g)	56.9
Salt (g)	4.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Chop the **ciabatta** and add it to a bowl with the **milk**. Set aside to soak. Finely chop the **onions** and **garlic**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Juice the **lemon**.



2 Fry

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onions** with a pinch of **salt** and fry for 5 min or until soft. Add the **stock cube, curry powder, dried oregano, cumin, turmeric** and **beef** and cook for 5 min until browned.



3 Season

Once browned, remove the pan from the heat and stir in the **garlic, mango chutney**, {1/2/2} tsp the **lemon** zest, {2/3/4} tbsp of the **lemon** juice, the **tomato paste** and **salt** and **pepper**.



4 Assemble

Squeeze the **bread** over a bowl, to catch the **milk**. Set the **milk** aside. Tear the **bread** into small pieces. Mix the **bread** into the **beef** mixture and pour the lot into a baking dish.



5 Bake

Add the **eggs** to the **milk**, whisk and season with **salt** and **pepper**. Pour the **egg** mix over the **meat** and scatter with the **bay leaves**. Bake for 35 min or until golden brown. This is your **bobotie**.



6 Serve

Meanwhile, chop the **tomatoes** and **cucumbers** finely. Peel and slice the **shallots**. Place the **cucumber, tomatoes, raisins** and **shallots** in a bowl with a pinch of **salt**. Drizzle with **olive oil** and toss. Once the **bobotie** is baked, allow it to cool for 5 min before serving alongside the **salad**.