



LAMB BOBOTIE WITH YELLOW RICE
BY CHEF CAREY ERASMUS

*Thank you South
Africa campaign*

Nutrition Facts Per 100 Grams of Meat: Calories 572, Protein 28g, Carbs 56g, Fat 27g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 20 min, **Cooking Time:** 40 min



INGREDIENTS

Minced Lamb (500 grams)
Bread, Organic Broth
Onion, Garlic, Ginger,
Chutney, Turmeric, Apples,
Raisins, Olive Oil,
Curry Powder

Herbs, Bay Leaves,
Lemon Juice,
Laban, Eggs
Rice to be cooked with Spices &
Raisins
Coriander to garnish

1. Preheat oven to 200C. Dissolve broth in boiling water, use it all to soak the bread.
2. Cut apple into 4 pieces, peel & remove core. Grate coarsely & toss with a few drops of lemon juice. Set aside (don't worry if color changes to brown).
3. Place a large pot or heavy skillet over high heat, add oil & swirl to heat, do not allow to smoke. Fry meat in batches to ensure it is browned & crumbly. Remove from the pot & set aside.
4. When done, reduce heat to medium, sauté the onion, garlic, ginger, curry powder & turmeric together until fragrant and softened.
5. Add the grated apple & raisins & sauté for a further 5 minutes.
6. Reduce heat to low, add the mixed herbs, chutney, soaked bread (including residual liquid), and lemon juice. Mix until well combined.
7. Add browned meat, stir for 2 min to heat through & to distribute evenly. Season with half the salt & pepper or to taste & stir to combine well.
8. Spoon mince mixture into a suitable oven dish (20 x 20 for 2 people, 23 x 39 for 4 people and larger for more). Flatten until firm & smooth – this is to prevent the topping from leaking into the mince.

Topping

9. In a bowl, add the laban & season with about quarter teaspoon each salt and pepper, add cracked eggs & whisk. Pour onto the flattened mince mixture to cover it completely. Place the bay leaves upright into the filled dish. Bake for 30 minutes or until the topping is golden and set.
10. Take out from the oven and rest for a few minutes before serving with yellow rice and extra chutney if desired.

Yellow Rice

11. Rinse rice well 3-5 times until water runs clear then drain.
12. Place a pot over high heat & add 750 ml boiling water for every cup of rice.
13. Add the rice & all the ingredients, swirl gently and bring to boil.
14. Cover, reduce heat to low & simmer until just soft (± 10 - 15 minutes).
15. Drain well and remove the cinnamon stick.
16. Gently spoon in serving dish, garnish with coriander & serve with bobotie.