



Traditional South African Bobotie

Prep time: 30 mins

Cooking time: 40 mins

Serves: 6 people

Description:

Bobotie is a unique South African gem. The essence of the recipe calls for spiced meat and a savoury egg / custard topping. The result: culinary perfection. Bobotie is a great family meal. It's also easy to make and cost-effective. You can substitute the beef mince for mutton if you like, and there's also the option of a vegetarian bobotie where you can use lentils instead of meat.

Ingredients:

2 slices white bread

2 onions, chopped

25g Sunshine D Original Margarine

2 cloves garlic, crushed



6 bay leaves

2 Tsp Madras curry paste

2 Tsp chutney

1 tsp mixed herbs

2 Tsp sultanas

1kg lean minced beef

1 tsp allspice

300ml milk

2 eggs

Method:

Preheat the oven to 180°C. Fry the onions in the margarine, over a low heat, until they are golden brown. Add the garlic and beef. Stir in the curry paste, herbs, spices, sultanas, chutney and 2 bay leaves. Cover and allow to simmer for 10



minutes. Pour some cold water over the bread and set aside to soak. Squeeze the water from the bread and mix into the meat. Place the mixture into an ovenproof casserole dish. Beat the milk and eggs and pour over the meat mixture. Top with the rest of the bay leaves and bake for about 40 minutes. Try changing out the Sunshine D Original Margarine for Sunshine D Lite Fat Spread if you feel like something a little lighter.