



Low-carb bobotie

Serves 4

Traditional bobotie has a sweetness to it that balances the spices perfectly. Normally raisins and fruit chutney are added to create the sweetness, but these up the carb count quite significantly. I add half an apple and unsweetened dried cranberries to create the same flavour.

INGREDIENTS

30 ml olive oil
3 onions, chopped
2 garlic cloves
6 cm ginger root
30 ml mild curry powder
5 ml ground cinnamon
5 ml cumin seeds
10 ml fennel seeds
1 kg beef mince
Salt and freshly ground black pepper to taste
40 g unsweetened dried cranberries, roughly chopped
½ apple, grated
6 bay leaves
500 ml cream
4 eggs, beaten
Salt to taste

METHOD

- 1** Preheat the oven to 200 °C.
- 2** Warm the olive oil in a medium frying pan over medium heat.
- 3** Place the onions, garlic and ginger in the bowl of a food processor and quickly pulse until coarsely chopped. Add to the pan and cook until soft. Add the curry powder, cinnamon and seeds and cook for 1 minute.
- 4** Add the mince to the pan in batches and fry until browned. Use a fork to break up any clumps. Season with salt and pepper.
- 5** Mix through the cranberries and apple and spoon the mixture into a 40 x 30 cm oven pan. Top with the bay leaves.
- 6** Combine the cream and beaten eggs in a small jug and season with salt. Pour evenly over the mixture and bake for 20 minutes until golden and set. Serve warm.