SOUTH AFRICAN · LUNCH · DINNER

Cape Malay Bobotie with Lean Mince

70 min · Serves 4 · 400 kcal a serve · Video 7:14 · Fatima Sydow Cooks

Gluten-free ingredients · No nuts listed

Lean mince and an egg-and-milk custard give about 31 g of protein per serve along with iron, zinc and vitamin B12, and leaving out the bread keeps it lighter than the classic version.

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Ingredients 12 · SERVES 4

- [ ] a couple of tablespoons of **oil**
- [ ] 1 whole **onion**, chopped
- [ ] chopped **chillies**, to taste (optional)
- [ ] a couple of **garlic** cloves, chopped
- [ ] 1 lb **lean beef mince**
- [ ] 1 tsp **salt**
- [ ] 1 tsp **turmeric**
- [ ] 2 tbsp **masala or curry powder**
- [ ] ¼ cup **fruit chutney**
- [ ] ¾ cup **milk**
- [ ] 2 **eggs**
- [ ] a few **bay leaves**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pan and fry the chopped onion with the chillies, if using, and the garlic until nicely coloured. 0:00
2. Add the lean mince and salt and cook for about 10 minutes, breaking it up as it browns. 1:58
3. Stir in the turmeric and masala, then the chutney, and cook for another 10 minutes. 2:47
4. Heat the oven to 350°F. Spread the mince in a baking dish. Whisk the milk and eggs together, pour the custard over the mince and lay a few bay leaves on top. 4:49
5. Bake for about 30 minutes, until the custard has set. Serve with yellow rice or a salad. 6:04

> **Tip** Fatima leaves out the usual milk-soaked bread, which keeps it lighter. This serves 4; double everything for a larger dish. Taste the chutney first, as brands vary a lot in sweetness.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
400 kcal	31 g	20 g	4.1 g	22 g	710 mg
1,670 kJ	62% of a day	16 g net · 14 g sugars	15% of a day	6.2 g saturated	31% of a day
		7% of a day		28% of a day	

Energy from net carbs 17% · protein 32% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 123% · Zinc 61% · Selenium 54% · Omega-3 44% · Vitamin B6 32% · Iron 24% · Vitamin E 23%

Source of (10–19%) Potassium 15% · Magnesium 11% · Vitamin A 11% · Calcium 10% · Vitamin K 10%

Recipe and video: Fatima Sydow Cooks (@FatimaSydowCooks) on YouTube — youtube.com/watch?v=H10qFeyK3fY, published 8 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cape-malay-bobotie-lean