

2-INGREDIENT DOUGH BOBOTIE ROLLS

Serves 5

Hands-on time: 20 minutes

Hands-off time: 35 minutes

INGREDIENTS

For the bobotie filling:

- ¼ cup NESTLÉ KLIM Full Cream Instant Milk Powder
- 1 slice white bread
- 1 tbsp oil
- 1 small onion, chopped
- 200g beef mince
- 2 cloves garlic, crushed
- 2 tsp curry powder
- ¼ tsp ground turmeric
- 1 tbsp apricot jam
- ½ tsp each salt and pepper, to season
- 1 XL egg
- 4-5 bay leaves

For the rolls:

- 1½ cups self-raising flour
- ¾ cup low-fat plain yoghurt
- ¼ tsp salt (optional)

Serving suggestion:

Fresh salad

METHOD

For the bobotie filling:

1. In a shallow bowl, combine the NESTLÉ KLIM Full Cream Instant Milk Powder with 1 cup of warm water and stir to dissolve.
2. Place the bread in the bowl and allow it to soak up the KLIM mixture, about 5 minutes.
3. Place a large non-stick pan over medium heat and add the oil and onion. Cook the onion for 3-4 minutes until softened.
4. Stir the beef mince and garlic into the onion and cook for 5 minutes or until the mince has browned. Keep stirring and add in the curry powder and turmeric and cook for another 2 minutes.
5. Squeeze the excess KLIM mixture out of the bread and crumble the bread into the mince, keeping the milky mixture aside.
6. Take the pan off the heat and add the apricot jam, salt and pepper. Stir to combine then set aside until needed.

For the rolls:

7. Preheat the oven to 180°C and grease a medium-sized rectangular baking dish.
8. In a large mixing bowl, combine the self-raising flour, yoghurt and salt, if using, and mix with a spoon until well combined.
9. On a lightly floured surface, knead the dough until smooth.

