

# PILCHARD BOBOTIE BAKE

Serves 4-6

## INGREDIENTS

1 slice white bread  
300ml milk  
2 tbsp oil  
1 large onion, chopped  
1 clove garlic, crushed  
1 tsp curry powder  
1 tsp turmeric  
1 tin (400g) Lucky Star Pilchards in Sweet Chilli Sauce  
3 eggs  
2 tbsp lemon juice  
2 tbsp raisins  
2 cups ready-cooked yellow rice  
Salt and pepper, to taste  
3-4 bay leaves

## Serving suggestion:

Fresh tomato and onion sambal  
Fruit chutney

## METHOD

1. Preheat oven to 180°C and grease a large ovenproof dish.
2. Soak the bread in the milk.
3. Heat oil in a pan and sauté the onion until soft.
4. Add the garlic, curry powder and turmeric and cook for a further minute, then remove from the heat and set aside.
5. Squeeze the excess milk from the bread. Reserve the milk to use for later.
6. Drain and flake the pilchards with a fork, reserving the sauce. *\*Chefs Tip: You can debone the pilchards if preferred, although pilchard bones are safe to eat.*
7. In a large bowl, mash the bread with a fork and add a few tablespoons of the reserved pilchard sauce and one lightly beaten egg.
8. Add the pilchards to the mashed bread mixture, along with the lemon juice, raisins and the sautéed onion mixture.
9. Place a layer of yellow rice at the bottom of the greased ovenproof dish.
10. Spoon pilchard mixture over rice layer and spread out evenly.
11. Beat the reserved milk and remaining 2 eggs together and season to taste with salt and pepper.
12. Pour the custard mixture over the bobotie and place bay leaves on top.
13. Bake for 30-35 minutes, until golden and set.
14. Serve with chutney and sambal and ENJOY!