

MEATBALL BOBOTIE BAKE

Serves 6

INGREDIENTS

½ cup SPEKKO Long Grain Parboiled White Rice
1 tsp ground turmeric
400g beef mince
1 egg, beaten
½ onion, finely chopped
1 tbsp medium curry powder
1 tbsp chutney
Salt and pepper, to season

For the egg custard:

1½ cups milk OR amasi
3 eggs
Salt and pepper, to season
3 bay leaves

Serving suggestion:

Steamed green beans
Sliced banana
Chutney
Coriander sprigs

METHOD

1. Preheat the oven to 220°C and grease a deep medium baking dish.
2. Rinse the SPEKKO Long Grain Parboiled White Rice and add to a medium pot. Add 2½ cups of water, turmeric and ½ teaspoon of salt and bring to the boil. Cover with the lid slightly ajar and allow to simmer for about 20-25 minutes or until just tender. Drain and allow to cool.
3. In a large mixing bowl, combine the cooked yellow rice with the beef mince, onion, egg, curry powder, chutney and remaining salt. Season with pepper to taste.
4. Divide the mixture into about 20 pieces and roll into neat balls.
5. Arrange the meatballs in the greased baking dish. Bake for about 15 minutes or until evenly caramelized. Remove the dish from the oven and lower the oven temperature to 170°C.
6. For the egg custard, whisk together the eggs and milk and season with salt and pepper to taste, and pour carefully over the meatballs. Arrange the bay leaves over the bake. Bake for about 30 minutes or until a skewer inserted into the custard comes out clean.
7. Serve the bobotie meatball bake with steamed green beans and condiments such as chutney and sliced banana. Garnish with fresh coriander sprigs and ENJOY!