

# Bobotie (South African Curried Beef Casserole)

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/curried-eggs-south-african-recipe>

## Ingredients:

- 2 pounds ground beef lamb is fine too
- 2 slices white bread
- 1 cup milk I used mostly 1% with some half-n-half, divided
- 3 tablespoons unsalted butter
- 2 onions large, chopped
- 6 cloves garlic minced
- 2 tablespoons curry powder
- 3/4 cup seedless raisins dark
- 2 tablespoons slivered almonds
- 2 tablespoons fresh lemon juice
- 1 tablespoon mango chutney large pieces chopped if desired
- salt
- pepper
- 2 large eggs
- 6 bay leaves I left out, did not have

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 290 milligrams
4. Fat: 49 grams
5. Fiber: 4 grams
6. Protein: 53 grams
7. SaturatedFat: 21 grams
8. Sodium: 520 milligrams
9. Sugar: 10 grams
10. TransFat: 2.5 grams

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