

Traditional South African Bobotie

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/soetkoekies-traditional-south-african-biscuits-recipe>

Ingredients:

- 1 tablespoon olive oil
- 3 onions finely chopped
- 2 teaspoons finely chopped garlic
- 2 1/4 pounds beef mince ground
- 4 teaspoons curry powder
- 1 teaspoon turmeric
- 2 teaspoons salt
- black pepper to season
- 2 tablespoons lemon juice
- 2 tablespoons apricot jam fine
- 1/2 cup chutney
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons tomato sauce
- 2 slices white bread soaked in milk
- 4 eggs
- 2 1/8 cups milk
- salt
- black pepper
- 3 bay leaves

Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 395 milligrams
4. Fat: 50 grams

5. Fiber: 5 grams
 6. Protein: 63 grams
 7. SaturatedFat: 19 grams
 8. Sodium: 1930 milligrams
 9. Sugar: 42 grams
 10. TransFat: 2.5 grams
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