

South African Bobotie-Spiced Risotto

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 shallot sliced
- 2 cups risotto rice arborio
- 1/2 cup white wine
- 4 cups chicken broth
- 1/2 cup Parmesan cheese
- 2 tablespoons thyme chopped, divided
- 2 tablespoons olive oil
- 1 sweet onion chopped
- 1 pound ground beef or lamb, or a mixture of both
- salt
- pepper
- 3 tablespoons apricot jelly or jam
- 2 tablespoons curry powder
- 1/2 teaspoon anise
- 1/2 teaspoon fennel
- 1/2 teaspoon cardamom
- 1/4 cup currants
- 12 dried apricots chopped
- 1/2 cup walnuts chopped

Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 112 grams
3. Cholesterol: 85 milligrams
4. Fat: 48 grams
5. Fiber: 7 grams

6. Protein: 43 grams
 7. SaturatedFat: 12 grams
 8. Sodium: 560 milligrams
 9. Sugar: 13 grams
 10. TransFat: 1 grams
-

Thank you for visiting our website. Hope you enjoy South African Bobotie-Spiced Risotto above. You can see more 18 traditional south african sosatie recipe They're simply irresistible! to get more great cooking ideas.