

South African Bobotie

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 tablespoons olive oil
- 6 cloves garlic minced
- 2 onions chopped
- 1 teaspoon ground ginger
- 1 tablespoon curry powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cumin
- 1 minced beef kilo, 2 lbs ground/
- 1 large carrot grated
- 1 cup tomato puree
- 5 tablespoons chutney up to 6 tbsp fruit, or apricot jam/preserve, or to taste
- 2 teaspoons salt
- 1 tsp ground Pepper or to taste or to taste
- 1 egg lightly beaten
- 3/4 cup raisins or sultanas
- 2 eggs
- 1 cup milk
- 1/8 teaspoon salt
- 1/4 teaspoon ground turmeric
- 6 bay leaves
- 1/2 cup flaked almonds optional but highly recommended

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 240 milligrams
4. Fat: 35 grams
5. Fiber: 7 grams
6. Protein: 35 grams

7. SaturatedFat: 10 grams
 8. Sodium: 1700 milligrams
 9. Sugar: 36 grams
 10. TransFat: 1 grams
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