

Bobotie (South African Spiced Meat Casserole)

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 1 medium onion finely chopped
- 2 slices bread wheat or white
- 3/4 cup milk
- 1 tablespoon vegetable oil
- 1 pound ground beef
- 2 tablespoons curry powder
- 3 tablespoons peach or mango chutney
- 2 tablespoons apricot jam
- 2 tablespoons sliced almonds thinly
- 1/4 cup golden raisins
- 1 lemon juiced
- 1/2 teaspoon salt
- 3 eggs divided
- 1/4 teaspoon turmeric
- 6 bay leaves
- yellow rice
- chutney
- sambal oelek

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 240 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 33 grams
7. SaturatedFat: 9 grams

8. Sodium: 560 milligrams
 9. Sugar: 24 grams
 10. TransFat: 1 grams
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