

# Best Bobotie

Yield: 4 min

Total Time: 115 min

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

## Ingredients:

- 2 tablespoons vegetable oil
- 2 onions medium, minced
- 1 1/2 pounds ground beef
- 1 cup milk
- 2 slices Texas toast thick-sliced bread
- 1/2 cup raisins
- 1 teaspoon apricot jam
- 1 tablespoon chutney
- 1/2 tablespoon curry powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 large egg
- 1 pinch salt
- 1 bay leaf

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 175 milligrams
4. Fat: 35 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 12 grams
8. Sodium: 840 milligrams
9. Sugar: 17 grams
10. TransFat: 2 grams

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