

TASTE WITHOUT WASTE

Vegetarian Bobotie

Serves 4-6

Ingredients

1 tbsp olive oil
1 onion, finely chopped
120g carrot (1 medium), cut into thin triangles
100g zucchini (2 very small), cut into thin half-moons
120g field mushrooms (about 2), cut into rough 1 cm dice
415g can vegetable mince. I used Sanitarium's Veggie Delights Casserole Mince.
2 slices wholemeal bread
½ cup milk, divided
2 tbsp chutney. Any flavour is fine.
2 tbsp apricot or peach jam
1 tsp curry powder. I used Keen's.
2 tbsp sultanas
3 tbsp lemon juice
½ tsp salt
¼ tsp pepper
2 eggs, lightly beaten
4 bay leaves

Method

Preheat oven to 200C. Lightly grease a medium-sized ovenproof dish.

Place a large frying pan with the olive oil over a medium heat. Saute the onion for 2 minutes or until starting to soften. Add the carrot, zucchini, mushrooms and veggie mince and cook over a low heat, stirring very regularly for 5 minutes.

Meanwhile soak the bread in half of the milk and mash with a fork. You may need to break up the crust with your fingers (I never said this would be elegant cooking). Stir in the chutney, jam, curry powder, sultanas, lemon juice, salt and pepper to form a thick paste like mixture.

Add the bread mix to the saucepan, stir well to combine and cook, covered, over a very low heat for 20 minutes. Stir regularly as it will be inclined to stick to the base of the pan.

Transfer to the greased ovenproof dish and smooth the top with a spatula. Whisk the remaining milk with the eggs and pour over the top. Place the bay leaves on top and cover the dish with alfoil.

Bake for 20 minutes.

Remove the alfoil and cook for a further 10 minutes or until the top is golden brown.

Source: Adapted from Granny Brampton's Bobotie recipe.

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