



FRUITY LENTIL BOBOTIE

HEAT LEVEL 

Experience a delightful twist with our Fruity Lentil Bobotie - a flavorful and plant-based rendition, blending lentils with fruity goodness for a unique and satisfying dish.

1 Hour

4 Servings



INGREDIENTS

250 ml (200 g) uncooked brown lentils
75 g (½ cup) dried apricots, coarsely chopped
75 g (½ cup) raisins or sultanas
60 ml (¼ cup) Spur Salad & French Fry Dressing
60 ml (¼ cup) milk
2 slices white or brown bread
30 ml (2 Tbsp) cooking oil
2 medium onions, coarsely chopped
2 cloves garlic, crushed
3 ml (½ tsp) ground ginger
15 ml (1 Tbsp) medium curry powder
5 ml (1 tsp) ground coriander
5 ml (1 tsp) turmeric
60 ml (¼ cup) Spur BBQ Sauce
15 ml (1 Tbsp) brown or white spirit vinegar
15 ml (1 Tbsp) chopped fresh mixed herbs or 5 ml (1 tsp) dried freshly ground pepper and Spur Steakhouse Spice to taste

Topping

175 g tub plain yoghurt
60 ml (¼ cup) Spur Salad & French Fry Dressing
30 ml (2 Tbsp) milk
2 extra-large eggs
Freshly ground black pepper
Spur Steakhouse Spice to taste
6 bay leaves

VARIATIONS

None

METHOD

- 1 Soak lentils for about 20 - 30 minutes in water. Boil the lentils for about 20 minutes or until just soft, but still firm. Drain, rinse and set aside.
- 2 Soak apricots and raisins in a little water until soft. Drain and set aside.
- 3 Combine Spur Salad & French Fry Dressing and milk. Soak bread in mixture for a few minutes.
- 4 Heat oil in a medium, heavy-based saucepan and sauté the onions and garlic until translucent.
- 5 Add lentils, bread with milk mixture, dried fruit, Spur Steakhouse Sauce, vinegar, herbs and seasoning and mix well. Spoon into a greased, medium ovenproof dish.
- 6 Mix all topping ingredients together, except bay leaves, and pour over lentil mixture. Stick bay leaves upright in mixture and bake at 180°C for 25-30 minutes, or until topping is set.

