



Vegaterian Bobotie

By: Anton Mac Donald

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Ingredients

- 1 cup Brown lentils (uncooked)
- 1 Onion
- Mild yellow curry
- 40 g Dried apricots
- 1 Clove garlic
- 2 tsp Tomato paste
- Salt
- Sour cream
- Bay leaves

Method

- Cook lentils until soft and set aside.
- Preheat oven to 200°C.
- Fry chopped onion until light brown.
- Add curry powder and continue frying until change of color.
- Add ½ a cup of water, Tomato paste, Garlic, salt and dried apricots.
- Add lentils and cook to reduce water.
- Dish into 2 pasta dishes 15 x 15 cm.
- Place bay leaf on each portion for decoration and taste.
- Pour a very thin layer of sour cream on top.
- Bake till light brown at 200°C for 10 – 15 minutes

Looks very good made as individual Portions.

Serve hot with rice.

makes