

Bobotie & yellow cabbage with fragrant sprinkles – Inè Reynierse



Inè Reynierse's Bobotie
from her book **Low Carb is Lekker**

Inè Reynierse has just published, through Struik Lifestyle, her **Low Carb is Lekker**. A truly valuable little book for those on low carbohydrate eating plans. Chock full of great ideas and a low carb take on many of our most revered comfort foods. Don't get much more comfort than this Cape favourite, Inè's new look Bobotie.

You'll need...

1 kg beef mince

Spicy chutney

4 Tbsp coconut oil

3 small onions, chopped

1 red pepper, chopped

1 yellow pepper, chopped

1 small apple, chopped

2 Tbsp xylitol

1 Tbsp turmeric

1 Tbsp mild curry powder

2 tsp ground ginger

½ tsp paprika

½ tsp ground cumin
1 Tbsp crushed garlic
1 cup water
2 Tbsp apple cider vinegar
1 Tbsp tomato purée
Salt and pepper

Egg topping

½ cup full-cream milk
½ cup fresh cream
½ cup coconut milk
2 free-range eggs

Yellow cabbage

¾ head cabbage
2 Tbsp butter
½ x 400 ml can coconut milk
1 tsp turmeric
Salt and pepper to taste

Fragrant sprinkles

3 Tbsp fine or medium desiccated coconut
3 Tbsp sunflower seeds
1 tsp xylitol
½ tsp ground cinnamon

For the chutney, heat the coconut oil in a pan and sauté the onions, red and yellow peppers and apple until soft.

Stir in the rest of the chutney ingredients and simmer on low heat for 5 – 8 minutes until the chutney reduces to a thicker consistency.

Preheat the oven to 180C.

Mix in the meat and let it cook slowly into the syrupy chutney mixture for 10 – 12 minutes. Transfer the mince mixture into an ovenproof dish.

Mix all the topping ingredients with a fork and pour over the sweet mince mixture. Bake for 30 – 40 minutes.

For the cabbage, slice it into small to medium-sized strips. Melt the butter in a heavy-bottomed saucepan on medium heat and sauté the cabbage. As soon as the cabbage starts to soften and caramelize, add the coconut milk and turmeric and simmer on lower heat for a few minutes. Season to taste.

For the sprinkles, toast the coconut, sunflower seeds, xylitol and cinnamon in a dry pan. As soon as the xylitol melts, stir well to incorporate the cinnamon flavour throughout.

Serve the bobotie on a bed of yellow cabbage strips and show it some love with a good sprinkle of cinnamon-infused sprinkles.

Yields 6 – 8 servings

6 servings = 14 g carbs per serving

8 servings = 10.5 g carbs per serving

Michael's wine recommendation – [CLICK HERE](#)



Place in the Sun Cabernet Sauvignon 2013