

Banting Bobotie recipe

 By [Nina Timm](#)

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Often when we decide to change our diet or try and adopt a healthier eating plan, our food changes from fab to drab...



There is absolutely no reason why healthy food should not be interesting and flavourful. Herbs and spices have almost no calories, yet they add loads of flavour and interesting twists to your meals and recipes. Once you understand what flavours, spices and herbs go together, you will no longer look for recipes, because you can plan and design your own unique style.

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In this Banting Bobotie, I have added flavours typical to the Indian cuisine, but I have made a few alterations to make it Banting friendly.

Ingredients

- 1 large onion – chopped
- 45 ml olive oil
- 2-3 cloves garlic – crushed
- 5 cm piece ginger – peeled and grated
- 2 green apples – grated
- 20 ml curry powder
- 5 ml garam masala
- 5 ml cumin
- 5 ml fennel
- 5 ml turmeric
- 5 ml chili powder
- 600g beef mince
- 300g pork mince
- 10 ml salt
- 20 ml tomato paste

200 ml water or stock
30 ml Banting Blvd Cinnamon Breakfast Porridge or Psyllium Husks
6-8 eggs
100 ml milk
100g almonds
2-3 bay leaves

Method

Heat oil in a pot and saute the onion, ginger, garlic and apple for about five minutes. Add the spices and keep stirring to prevent the spices from burning. Add the meat and stir it with a fork to loosen the meat. Cook for about 15 minutes. Then add the stock and tomato paste and porridge and cook until the mixture has thickened. Preheat oven to 180 C. Transfer the meat mix to a casserole. Whisk the eggs with the milk and pour over the meat. Top with the almonds and bay leaves and bake until set and golden brown on top.

www.my-easy-cooking.com

ABOUT NINA TIMM

I am the owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children.

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