



## Spiced Lamb Pie

READY IN



45 min.

SERVINGS



6

CALORIES



833 kcal

## Ingredients

- 1 teaspoon turmeric
- 0.3 cup almonds sliced
- 2 large eggs
- 1 cup milk
- 1 cup water
- 4 cups sandwich bread white stale
- 0.1 teaspoon ground allspice
- 6 kaffir lime leaves fresh
- 0.5 teaspoon thyme dried crumbled
- 2 tablespoons mango chutney

- 2 tablespoons vegetable oil
- 0.5 teaspoon pepper black
- 0.5 cup golden raisins
- 6 servings rice steamed
- 0.5 teaspoon marjoram dried crumbled
- 2 teaspoons coriander seeds
- 0.3 cup butter unsalted
- 1 tablespoon garam masala
- 2 teaspoons garlic minced
- 2 large onion
- 3 cloves whole
- 2 teaspoons cumin
- 2 pounds ground beef

## Equipment

- bowl
- frying pan
- oven
- whisk
- sieve
- baking pan

## Directions

- Preheat oven to 350° F and butter a 13x9x2-inch baking dish.
- In a large non-stick skillet cook lamb or beef in 1 tablespoon oil over moderate heat, stirring occasionally, until no longer pink, about 10 minutes.
- Remove skillet from heat and drain meat in sieve set over a large bowl, reserving any juices.
- Add water and bread to juices and let stand 10 minutes. Chop onions and in a skillet cook in butter and remaining tablespoon oil over moderate heat, stirring until softened.

- In another large bowl combine meat, onion, and all remaining ingredients except bread mixture, lime leaves, eggs, and milk. Squeeze liquid from bread and break into small pieces, dropping into meat mixture. Toss together bread and meat and spread evenly in baking dish.
- Roll lime leaves into spikes and insert, evenly spaced, in several places into mixture. (Bobotie may be made up to this point one day ahead and chilled, covered. Bring bobotie to room temperature before proceeding.)
- Bake bobotie in middle of oven 30 minutes. In a small bowl whisk together eggs and milk until just combined and pour over bobotie.
- Bake bobotie until custard is set, about 5 minutes more.
- Cut bobotie into squares or wedges and serve with rice chutney.
- \* Available at Southeast Asian markets and by mail order from Adriana's Caravan, (80
- 0820, or Uwajimaya,
- (80
- 1928.

## Nutrition Facts

**PROTEIN 17.67%** **FAT 53.16%** **CARBS 29.17%**

### Properties

Glycemic Index:76.24, Glycemic Load:44.01, Inflammation Score:-10, Nutrition Score:26.484347882478%

### Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg

### Nutrients (% of daily need)

Calories: 832.84kcal (41.64%), Fat: 49.09g (75.52%), Saturated Fat: 18.96g (118.5%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 57.02g (20.73%), Sugar: 16.38g (18.2%), Cholesterol: 194.57mg (64.86%), Sodium:

295.54mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.43%), Selenium: 42.56µg (60.8%), Vitamin B12: 3.62µg (60.33%), Zinc: 7.71mg (51.41%), Manganese: 0.93mg (46.58%), Phosphorus: 440.29mg (44.03%), Vitamin B3: 8.61mg (43.05%), Vitamin B6: 0.77mg (38.56%), Iron: 5.74mg (31.87%), Vitamin B2: 0.53mg (31.4%), Potassium: 790.89mg (22.6%), Calcium: 207.51mg (20.75%), Vitamin B1: 0.3mg (20.32%), Magnesium: 76.94mg (19.23%), Vitamin B5: 1.75mg (17.52%), Vitamin E: 2.57mg (17.11%), Folate: 67.2µg (16.8%), Copper: 0.33mg (16.73%), Fiber: 3.6g (14.41%), Vitamin K: 14.57µg (13.87%), Vitamin A: 407.27IU (8.15%), Vitamin D: 1.07µg (7.16%), Vitamin C: 5.33mg (6.46%)