

Not Quite Babotie

Allergen Advice

- **Free from:** Nuts, Seeds, Dairy, Soy, Gluten, Grains, No Added Sugars
- Could be made Egg free
- Could be made low- moderate in Salicylates, Amines and Glutamates
- Could be made low in FODMAPs

Easy Swaps

- Eggs with Cheese or mashed Sweet Potato
- Onion with Leek or Garlic infused oil
- Spices with Chives

This is a variation of a traditional South African dish that my daughter loves

Serves 6-8. Suitable to freeze, great for leftovers

- ½ cup of Bone Broth or tolerated Stock
- 2 Onions – peeled and chopped
- 1kg Mince
- ½ cup of red lentils or canned lentils – rinsed (optional)
- 4 large Tomatoes – finely diced or Passata
- 1 Carrot – peeled and diced
- 1 stick of Celery – finely chopped
- 2 cloves of Garlic
- 2 Bay leaves or Pepper to taste
- Pinch of Saffron (optional)
- 1 Tablespoon of Vinegar
- Salt to taste
- 3 eggs



Star Nutrients

Protein, Fibre
Iron, Zinc
B vitamins, Vitamin A

1. Into a large pot add onions and broth. Bring to boil and then simmer
2. Add all ingredients except egg and simmer approx 60 minutes or until the liquid has almost completely cooked off. Stir occasionally
3. Pour the meat mixture into a baking dish
4. Beat the egg and pour over the top
5. Place into an oven heated to 180C and bake until egg is cooked through and browned

Notes

- To make this dish lower in salicylates you can swap the tomatoes for kidney beans (approx 1 cup - pureed), vinegar for citric acid, remove the spices, use leek, garlic plus add chives
- To make this dish low in FODMAPs use garlic infused oil, chives and canned lentils or leave out lentils and add extra vegetables for fibre

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