

Traditional Bobotie



Microwave Defrosted (340g)

Remove lid. Place in the middle of the microwave and heat for 2-3 minutes.

(800g)

Remove lid. Place in the middle of the microwave and heat for 4-5 minutes.

Frozen (340g)

Remove lid. Place in the middle of the microwave and heat for 8 minutes.

(800g)

Remove lid. Place in the middle of the microwave and heat for 13-15 minutes.

Oven Defrosted (340g)

Preheat oven to 180°C. Remove lid. Cover with foil and place in the centre of the oven on a baking tray. Heat for 15 minutes , remove foil and heat for a further 9-12 minutes.

(800g)

Preheat oven to 180°C. Remove lid. Cover with foil and place in the centre of the oven on a baking tray. Heat for 20 minutes , remove foil and heat for a further 10-20 minutes.

Frozen (340g)

Preheat oven to 180°C. Remove lid . Cover with foil and place in the centre of the oven on a baking tray. Heat for 20 minutes , remove foil and heat for a further 15-20 minutes.

(800g)

Preheat oven to 180°C. Remove lid Cover with foil and place in the centre of the oven on a baking tray. Heat for 35 minutes , remove foil and heat for a further 10-15 minutes.

Serving Suggestion

Serve with our Yellow Spiced Rice.

Please Note

These cooking instructions are just a guideline. Since your appliance may vary in personality or power rating, please adjust as needed.

Portion size is a guideline, as it depends on one's appetite and if any accompaniments are being served.