



Lentil Bobotie (V)

Gently spiced lentils and chickpeas with subtle sweetness, baked beneath a creamy custard topping - a comforting vegetarian version of a South African classic.

Ingredients

Lentils, chickpeas, onions, full cream milk, eggs, white bread (wheat flour), margarine, sunflower oil, dried apricots, apple, raisins, apricot jam, almonds, lemon juice, garlic, garam masala, medium masala, turmeric, bay leaves, seasoning

Allergens

Contains: Milk, Eggs, Wheat (Gluten), Tree Nuts (Almonds).
Made in a kitchen that uses nuts.

Heating Instructions

All meals must be fully defrosted before heating. Remove plastic lid before heating.

Oven

- Preheat oven to 180°C.
- Place the foil container on a baking tray and heat for 25–30 minutes.

Air Fryer

- Preheat to 160°C.
- Place the foil container in the air fryer basket and heat for 18–22 minutes.

Microwave

- Heat on medium–high power for 5–7 minutes, stirring halfway if possible.
- Allow to stand for 1 minute before serving.

Important

Cooking times may vary depending on the appliance, and so may require slight adjustment. Always ensure food is piping hot throughout before serving.

