

for the
little ones

Beef Koftas & Pilaf

Mildly spiced tomato rice pilaf served with beef koftas, a layered fresh side salad and garlic aioli for dipping!



30 Minutes



2 Servings



Beef

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FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
BASMATI RICE	150g
BEEF KOFTAS	300g
TOMATO	1
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
AIOLI	100g

FROM YOUR PANTRY

oil/butter for cooking, 1/2 chicken stock cube, ground cumin

COOKING TOOLS

frypan with lid, BBQ/griddle or frypan

The rice pilaf is easy to customise! You can add either Mexican or Indian spices for a fun twist, boost it with veggies or just serve the rice plain for picky eaters!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Saute the onion

Peel and dice onion. Heat a frypan with **1 tbsp oil/butter** over medium-high heat. Cook onion for 2-3 minutes, crush in garlic and season with **1 1/2 tsp cumin**.

tip Increase the cumin to 2-3 tsp for extra flavour!



4. Cook the Koftas

Heat a barbecue or pan with **oil** over medium-high heat. Add koftas and cook for 10-12 minutes or until cooked through. Turn occasionally.

tip You may need to reshape the koftas prior to cooking. Thread them onto skewers if you like!



2. ADD tomato Paste & Stock

Stir in tomato paste and crumble in **1/2 chicken stock cube**. Add rice and combine well to coat.

tip You can dice and add the fresh tomato and capsicum here if you prefer! Increase seasoning accordingly.



5. PREPARE the SALAD

Slice the tomato, cucumber and capsicum. Layer on a serving plate.

tip Drizzle with some olive oil and dried oregano if you like. You can also dice the ingredients for a chopped style salad.



3. SIMMER the Rice

Pour in **325ml water**, cover with a lid and simmer over medium heat for 15 minutes or until water is absorbed.



6. FINISH AND SERVE

Serve beef koftas with rice pilaf, layered salad and garlic aioli for dipping.