

for the
little ones

tomato

CUCUMBER
ROLLSBIRYANI Rice, MeatBALLS &
PLAIN yoghurt

Kofta Biryani

Mini beef meatballs served on top of fragrant biryani saffron rice with mint yogurt, ribboned cucumber and tomato wedges.



35 Minutes



2 Servings



Beef

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FROM YOUR BOX

SAFFRON	1 packet
BEEF KOFTAS	300g
BROWN ONION	1
KOFTA BIRYANI SPICE MIX	1 packet
BASMATI RICE	150g
MINT	1 packet
NATURAL YOGHURT	1 tub
LEBANESE CUCUMBER	1
TOMATO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

kettle, frypan with lid

You can grill the koftas and serve alongside the rice if you prefer!

Before you start cooking!

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

Biryani Spice Mix: cinnamon stick, cardamom pods, cloves & bay leaf.



1. Soak the Saffron

Boil the kettle.

Place saffron in a small bowl and pour over **1/2 cup hot water** from the kettle. Set aside.

tip If your family is not a fan of saffron, you can skip this step or use less.



4. Make the Mint yoghurt Sauce

Meanwhile, slice mint leaves and combine with yoghurt, **salt and pepper**. Set aside in the fridge until serving.

tip Make a garlic yoghurt instead and reserve the mint for garnish.



2. BROWN the MeatBALLS

Break each kofta into quarters and roll into mini meatballs. Heat a frypan over medium-high heat with **oil**. Add meatballs and cook for 3-4 minutes until browned. Remove and set aside, keep pan over heat.

tip Coat meatballs in 1 tsp cumin or garam masala for extra flavour.



5. ADD SaffRON & MeatBALLS

After 8 minutes, drizzle the saffron water over the rice and place meatballs on top. Cover and cook for further 5-7 minutes or until rice is cooked and meatballs are cooked through.



3. COOK the BIRYANI RICE

Peel and dice onion. Add to pan and cook for 3 minutes or until softened. Stir in spice mix, rice and season with **salt**. Pour in **300ml water**. Simmer and cook, covered, for 8 minutes over medium heat (see step 5).

tip Add a stock cube for extra flavour!



6. FINISH AND SERVE

Ribbon cucumber and cut tomato into wedges.

Serve biryani and meatballs at the table with cucumber, tomato and mint yoghurt sauce.