

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



4 Servings



Beef

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## FROM YOUR BOX

SAFFRON	1 packet
BEEF KOFTAS	600g
BROWN ONION	1
KOFTA BIRYANI SPICE MIX	1 packet
BASMATI RICE	300g
MINT	1 packet
NATURAL YOGHURT	1 tub
LEBANESE CUCUMBERS	2
TOMATOES	2

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## COOKING TOOLS

kettle, large 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!



### 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 large 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 2 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 **600ml 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 cucumbers and cut tomatoes into wedges.

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