



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Zucchini

Most of the antioxidants and fibre in a zucchini is found in the skin, so make sure you don't peel it prior to cooking!



## C2 Beef Koftas with Biryani Rice

Fragrant royal basmati rice and veggies all cooked in one pan, served with cumin beef koftas and fresh coriander topping.

 25 minutes

 2 servings

 Beef

4 February 2022

## Jazz it up!

*You can finish the dish with a dollop of yoghurt or a squeeze of lemon juice if you have some! Toasted nuts on top are also a great addition!*

## FROM YOUR BOX

TOMATO	1
ZUCCHINI	1
CARROT	1
BIRYANI KIT	1 packet
BEEF KOFTAS	4-pack
CORIANDER	1 packet

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, ground cumin

## KEY UTENSILS

large frypan with lid, frypan or griddle pan

## NOTES

The spices in this biryani kit are delicate and mild. If you prefer extra spice we recommend adding ground cumin, turmeric or curry powder.



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **1 tbsp oil or butter**. Wedge tomato, grate zucchini and carrot. Add all to pan as you go. Cook for 5 minutes until softened.



### 2. COOK THE RICE

Pour in biryani kit contents. Cook for 2-3 minutes, stirring, until fragrant (see notes). Pour in **2 cups water**. Cover, and simmer for 10 minutes. Take off heat and leave to sit for 5 minutes.



### 3. COOK THE KOFTAS

Heat a frypan or griddle pan over medium-high heat. Reshape koftas, coat with **1 tsp cumin, oil, salt and pepper**. Cook for 10-12 minutes, turning, until cooked through.



### 4. FINISH AND SERVE

Divide biryani and koftas among plates. Chop coriander and use to garnish.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

