

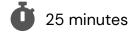




# **Beef Koftas**

# with Biryani Rice

Fragrant basmati rice and veggies cooked in one pan and served with cumin beef koftas and a cooling mint yoghurt dollop.





2 servings



Beef

# Jazz it up!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

19g

#### FROM YOUR BOX

ТОМАТО	1
ZUCCHINI	1
CARROT	1
BASMATI RICE	150g
BIRYANI SPICE MIX	1 packet
BEEF KOFTAS	300g
MINT	1 packet
NATURAL YOGHURT	1 tub

#### FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, ground cumin, 1/2 stock cube (of choice)

#### **KEY UTENSILS**

large frypan with lid, frypan or griddle pan

#### **NOTES**

You can use stock paste or liquid stock instead of a stock cube.

You can re-shape the koftas into longer koftas, rissoles or meatballs.

Biryani spice mix contains: curry powder, ground turmeric, mustard seeds, fried shallots, sultanas.





# 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with 1/2 tbsp oil or butter. Wedge tomato, grate zucchini (use to taste) and carrot. Add to pan as you go. Cook for 5 minutes until softened.



## 2. COOK THE RICE

Add rice and biryani spice mix into pan. Cook for 2-3 minutes, stirring, until fragrant. Crumble in 1/2 stock cube and stir in 1 cup water (see notes). 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 mediumhigh heat. Reshape koftas if needed, coat with 1 tsp cumin, oil, salt and pepper (see notes). Cook for 10-12 minutes, turning, until cooked through.



# 4. PREPARE THE YOGHURT

Finely slice mint leaves. Combine with yoghurt and season with salt and pepper to taste.



## **5. FINISH AND SERVE**

Divide rice and koftas among shallow bowls. Serve with a dollop of mint yoghurt.



