



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!



C4 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

 4 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

TOMATOES	2
ZUCCHINI	1
CARROT	1
BIRYANI KIT	1 packet
BEEF KOFTAS	8-pack
LEBANESE CUCUMBER	1
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 tomatoes, 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 **2 tsp cumin, oil, salt and pepper**. Cook for 10-12 minutes, turning, until cooked through.



4. MAKE THE TOPPING

Dice cucumber and chop coriander. Toss together.



5. FINISH AND SERVE

Divide biryani and koftas among plates. Top with cucumber and coriander mix.

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

