



Product Spotlight: Zucchini

Most of the antioxidants and fibre in zucchini are in the skin, so don't peel it before cooking!



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.



25 minutes



4 servings



Beef

21 April 2023

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	15g	30g

FROM YOUR BOX

TOMATOES	2
ZUCCHINI	1
CARROT	1
BASMATI RICE	300g
BIRYANI SPICE MIX	1 packet
BEEF KOFTAS	600g
MINT	1 packet
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, ground cumin,
1 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 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

Add rice and biryani spice mix to pan. Cook for 2-3 minutes, stirring, until fragrant. Crumble in **stock cube** and stir in **2 cups 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 medium-high heat. Reshape koftas if needed, coat with **2 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.



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