

**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



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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	19g	37g

## FROM YOUR BOX

TOMATO	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 medium-high 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.



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