

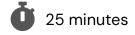




Beef Koftas

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!

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 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: 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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