




### 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 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.*



Scan the QR code to submit a Google review!



### 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.

**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**

