



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



4/6 servings



Beef

Product Spotlight: Zucchini

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



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
34g 26g 50g

FROM YOUR BOX

	4 PERSON	6 PERSON
TOMATOES	2	3
ZUCCHINI	1	1
CARROT	1	2
BASMATI RICE	300g	300g + 150g
BIRYANI SPICE MIX	1 packet	2 packets
BEEF KOFTAS	600g	600g + 300g
MINT	1 packet	1 packet
NATURAL YOGHURT	1 tub	2 tubs

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.



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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.

6P – Stir in **3 cups water** (add a little more if needed).



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**.

3. COOK THE KOFTAS

Heat a frypan or griddle pan over medium-high heat. Reshape **koftas** if needed, coat with **2-3 tsp cumin, oil, salt and pepper** (see notes). Cook for 10-12 minutes, turning, until cooked through.

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