

**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



4/6 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 |
|-------------|---------|-----------|---------------|
| | 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.



4. PREPARE THE YOGHURT

Finely slice **mint leaves**. Combine with **yoghurt** and season with **salt and pepper** to taste.



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).



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.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

