

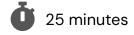




Beef Koftas

with Biryani Rice

Fragrant basmati rice and veggies cooked in one pan and served with cumin beef koftas and a cooling mint yoghurt dollop.





4 servings



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

| TOMATOES | 2 |
|-------------------|----------|
| ZUCCHINI | 1 |
| CARROT | 1 |
| BASMATI RICE | 300g |
| BIRYANI SPICE MIX | 1 packet |
| BEEF KOFTAS | 600g |
| 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 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.



3. COOK THE KOFTAS

Heat a frypan or griddle pan over medium-high heat. Reshape **koftas** if needed, coat with **2 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.





