



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight Cashews

The cashew nut is actually the seed of the Cashew Apple. It grows on the outside of the fruit and is a great snack when roasted.



## 3 Indian Beef Meatballs with Biryani Rice

Full of flavour, these beef meatballs and Biryani Rice use Beerenberg's Biryani meal base for a delicious easy dinner. Topped with chopped cashews, mint and a dollop of yogurt.

 30 minutes

 4 servings

 Beef

27 August 2021

### Save some time!

*Skip making the meatballs and simply fry the beef mince with 2 tbsp of biryani paste until browned and sprinkle over the top of the rice when serving.*

## FROM YOUR BOX

RED ONION	1
CARROTS	2
CELERY STICKS	2
GREEN CAPSICUM	1
BASMATI RICE	300g
BIRYANI SAUCE	1 jar
BEEF MINCE	600g
MINT	1/2 bunch *
CASHEWS	1 packet (50g)
NATURAL YOGHURT	1/2 tub (250g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

large frypan x 2

## NOTES

Meatballs can also be cooked in a moderate oven (180°C) on a lined oven tray for 15–20 minutes.

**No beef option** – beef mince is replaced with chicken mince.



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan with **oil** over medium heat. Dice onion, carrots, celery and capsicum. Add to pan as you go and sauté for 5 minutes until softened.



### 2. ADD THE RICE

Add rice to pan with biryani sauce (reserve 2 tbsp for meatballs). Stir in **2 1/2 cups water** and combine well. Cover and cook for 15 minutes or until liquid is absorbed and the rice is tender.



### 3. MAKE THE MEATBALLS

Combine beef mince with the reserved biryani sauce, **1 tsp thyme, salt and pepper**. Mix well and using oiled hands roll into meatballs (we made 1/4 cup size balls).



### 4. COOK THE MEATBALLS

Heat a frypan over medium-high heat. Add meatballs and cook for 6–8 minutes or until browned and cooked through (see notes).



### 5. PREPARE TOPPINGS

Roughly chop mint leaves and cashews.



### 6. FINISH AND PLATE

Serve biryani into bowls and top with meatballs. Garnish with a dollop of yoghurt, sprinkle of cashews and mint.

**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**

