



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Currants


Currants are dried berries of the small, sweet, seedless grape variety 'Black Corinth'.



## 4 Persian Beef & Rice

Fluffy turmeric rice with hints of cinnamon and sweet currants, layered with tender beef strips and sliced olives.

 30 minutes

 2 servings

 Beef

26 October 2020

### Spice it up!

*Add a pinch of saffron to the rice if you have some. You could also switch the flavours to a more Indian style biryani and use garam masala, ground cumin and ground coriander in the spice mix.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 11g **CARBOHYDRATES** 77g

## FROM YOUR BOX

RED ONION	1/2 *
GREEN CAPSICUM	1
TOMATO	1
CARROT	1
BASMATI RICE	150g
CURRANTS	1 packet (40g)
BEEF STIR FRY STRIPS	300g
MINT	1/3 bunch *
SLICED OLIVES	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, ground cinnamon, ground turmeric, stock cube (1/2)

## KEY UTENSILS

large frypan with lid, frypan

## NOTES

Stir the rice half way and reduce heat if the rice is starting to burn on the bottom of the pan.

**No beef option - beef stir fry strips are replaced with chicken stir fry strips.** Increase cooking time to 6-8 minutes or until cooked through.



### 1. SAUTÉ THE ONION

Chop onion and add to a frypan over medium heat with **oil, 1/2 tbsp butter, salt and pepper**. Cook for 5 minutes until softened.



### 2. ADD THE VEGGIES

Chop capsicum and tomato. Grate carrot. Add to pan along with rice and currants. Stir in **1/2 tsp cinnamon** and **1 tsp turmeric**. Cook for 2-5 minutes until fragrant.



### 3. SIMMER THE RICE

Crumble in **1/2 stock cube** and pour in **1 1/2 cups water**. Increase heat to medium high, cover and simmer for 12 minutes until water has absorbed (see notes). Take off heat and leave to sit for 2 minutes.



### 4. COOK THE BEEF

Meanwhile, coat beef with **1/2 tsp turmeric, oil, salt and pepper**. Heat a second frypan over high heat. Cook beef strips in batches for 1-2 minutes. Remove from pan and leave to rest.



### 5. FINISH AND PLATE

Fluff rice with a fork and season with **salt and pepper**. Divide among plates, top with beef strips, sliced mint leaves and drained olives.

**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](mailto:hello@dinnertwist.com.au)

