

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cumin Pilaf Rice Kit

We love Turban Chopstick's cumin rice kit! Basmati rice, almonds, garlic, spices and red lentils - for a flavour packed pilaf!



2 Lebanese Beef Koftas with Pilaf Rice

A flavourful spiced pilaf rice served with grilled beef koftas and fresh chopped parsley salad, finished with a dollop of yoghurt and squeeze of lemon.

 20 minutes

 4 servings



 Beef

27 August 2021

Mix it up!

If you want to hide the veggies even more, you can add the tomatoes to cook in the rice. Grate the cucumber and combine with the yoghurt to make raita.

FROM YOUR BOX

BROWN ONION	1/2 *
BABY WOMBOK CABBAGE	1/2 *
PILAF RICE KIT	1 packet
BEEF KOFTAS 	600g
TOMATOES	2
LEBANESE CUCUMBERS	2
PARSLEY	1/2 bunch *
LEMON	1
NATURAL YOGHURT	1 tub (200ml)
 VEGGIE FRITTER BITES	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper


KEY UTENSILS

large frypan with lid, frypan or griddle-pan

NOTES

Rinse the parsley and dry in a salad spinner to remove any excess sand.

No beef option – beef koftas are replaced with chicken tenderloins. Coat chicken tenderloins with a ground spice of choice (ground cumin, coriander or paprika work well!), oil, salt and pepper. Cook in frypan over medium-high heat for 4-5 minutes each side or until cooked through.

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Slice onion and wombok cabbage. Add to pan as you go along with spices from rice kit. Cook for 5 minutes until softened.




2. SIMMER THE RICE

Reduce pan heat to medium. Stir in garlic and almond mix along with rice from kit. Pour in **2 cups water**, cover and simmer for 15 minutes. Season with **salt and pepper**.



3. COOK THE KOFTAS

Heat a frypan or griddle pan over medium-high heat. Brush or spray koftas with **oil**, add to pan and cook for 8-10 minutes, turning occasionally, or until cooked through.

 **VEG OPTION – Brush or spray fritter bites with oil. Cook in pan over medium-high heat for 3-4 minutes each side until warmed through.**




4. PREPARE THE SALAD

Chop tomatoes, cucumbers and parsley (see notes). Toss together with 1/2 lemon juice (wedge remaining) and **1 tbsp olive oil**.



5. FINISH AND PLATE

Serve the rice with koftas, salad, lemon wedges and dollop of yoghurt.

 **VEG OPTION – Serve rice with fritter bites, salad, lemon wedges and dollop of yoghurt.**

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