



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight:

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

 2 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

SPRING ONIONS	1/3 bunch *
CARROT	1
ZUCCHINI	1/2 *
RED CAPSICUM	1/2 *
BASMATI RICE	150g
BIRYANI SAUCE	1 jar
BEEF MINCE	300g
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

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. Slice spring onions, carrot, zucchini and capsicum. Add to pan as you go and sauté for 5 minutes until softened.



2. ADD THE RICE

Add rice to pan with 1/2 jar biryani sauce. Stir in **1 1/4 cups water** and combine well. Cover and cook for 15 minutes until liquid is absorbed and the rice is tender.



3. MAKE THE MEATBALLS

Combine beef mince with 1 tbsp biryani sauce, **1/2 tsp thyme, salt and pepper**. Mix well and using oiled hands roll into meatballs (we made 1/4 cup sized 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

