



QCOOK

Stettyn's Beef & Mushroom Breyani

with creamy chutney

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Stettyn Winery

Wine Pairing: Stettyn Wines | Stettyn Family Range
Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	640kJ	4691kJ
Energy	153kcal	1122kcal
Protein	6.5g	47.4g
Carbs	19g	137g
of which sugars	5.3g	38.7g
Fibre	1.7g	12.1g
Fat	5.7g	41.7g
of which saturated	1.8g	13.2g
Sodium	115mg	846mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

30g	60g	Raisins & Nuts <i>(10g [20g] Raisins, 10g [20g] Cashew Nuts & 10g [20g] Almonds)</i>
100ml	200ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & finely slice</i>
65g	125g	Mixed Exotic Mushrooms <i>wipe clean & roughly slice</i>
150g	300g	Beef Mince
15ml	32ml	Spice Mix <i>(15ml [30ml] NOMU Indian Rub & 1 [2] Bay Leaf/ves)</i>
1	1	Garlic Clove <i>peel & grate</i>
1	1	Tomato <i>rinse & finely chop</i>
50ml	100ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
30ml	60ml	Mrs Balls Chutney
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. TOAST Roughly chop the raisins & nuts. Place them in a pot (large enough for the breyani) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. RICE Return the pot and add rice with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the pot and set aside.

3. BREYANI Return the pot to medium heat with a drizzle of oil. Fry the onion and mushrooms until lightly golden, 5-6 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the spice mix and the garlic, fry until fragrant, 1-2 minutes. Add the tomato, breaking them up with a spoon to create a bit of a sauce. Cook until fragrant, 2-3 minutes. Stir in the rice, seasoning and 50ml [100ml] of water. Remove from the heat, cover with a lid, and set aside to steam for 10-15 minutes.

4. JUST BEFORE SERVING In a small bowl, combine the yoghurt and the lemon juice (to taste).

5. DINNER IS READY Dish up the breyani, top with dollops of the lemony yoghurt and the chutney. Sprinkle over the raisins & nuts, and garnish with a sprinkle of the coriander. Khaana khaakar mazaa lijiye, Chef! (Enjoy the food, Chef!).