

5-ingredient pan-fried kebabs with buttery rice (polo kabab)



Time to prepare 10 min

Time to cook 30min

serves 4

Ingredients

500g (1.1 lbs) minced meat of choice - either beef and lamb or beef and pork

1 large onions, finely grated

60ml (4 tbsp) vegetable oil

1g turmeric (optional)

400g (2 cups) basmati rice

50g (1.75oz) butter

a handful of cherry tomatoes

3 bell peppers cut to desired size

a drizzling of vegetable oil

salt and pepper

optionally, one piece of charcoal

To make the kebabs, grate the onions using the coarse side of the box grater. Transfer to a bowl add the meat, season with salt and pepper and add turmeric if using. Mix thoroughly and form into golf ball-sized balls. Flatten them in the palm of your hands and set aside.

Heat the vegetable oil in a pan and fry until browned on both sides. Set aside.

Meanwhile, soak the rice in a pot of hot salted water, cover and set aside to soften. After 10 minutes, strain and add enough fresh water to cook, about a knuckle's distance above the rice. Simmer until the extra water has evaporated then cover and cook for another 10 minutes. Turn off the heat, add the butter on top and let it seep through before serving.

To roast the vegetables, preheat your oven to 200°C/390°F, put the cherry tomatoes and bell peppers in an oven tray, season and drizzle with vegetable oil. Roast for 5 minutes. Spoon the rice into your favourite dish, place the kebabs and roasted vegetables on top and serve.