



## Beef Zurbian

### Ingredients

- 16 cups Water
- 800 g Beef, cut into cubes
- 6 tbsp Vegetable oil
- 3 Mediums Onions, finely chopped
- 8 Smalls Chopped potatoes
- 0.5 tsp Ground Black Pepper
- 0.5 tsp ground cumin
- 0.5 tsp Ground cinnamon
- 0.5 tsp Ground cardamom
- 2 cubes MAGGI® Beef Bouillon
- 1 pinch salt
- 4 cups Basmati rice
- 1 pinch Saffron
- 0.25 cup Boiling Water

### Instruction

1. In a large sauce pan, place 4 cups or 1 litre water (reserve 12 cups water) and beef cubes. Bring to boil and remove froth as it appears. Simmer covered over low heat for 1½ hours or until beef is almost cooked and set aside.
2. In a large pot heat oil (reserve 2 tablespoons) and cook onion for 4-5 mins or until yellow color. Add the cooked beef and 1 cup or 250 ml of the beef stock, whole peeled small potato, spices and MAGGI® Beef Bouillon cubes. Simmer covered over low heat for ½ hour or until potato and beef are cooked, then set aside.
3. Meanwhile, place remaining 12 cups water with the salt in another large pot. Bring to boil, then add the rice and cook over medium heat for 8-10 mins or until the rice is ¾ way cooked. Remove the rice and drain.
4. Pour the remaining oil in a large pot, then add ½ quantity of the boiled rice and pour over the beef mixture and cover with the remaining rice.
5. Sprinkle the saffron water on top. Cover and cook over low heat for 20 mins or until rice is totally cooked.
6. Turn the rice over a large serving dish and serve.

### Nutrition

Carbohydrates	113.25 g
Energy	687.68 kcal
Fats	11.17 g
Protein	32.69 g

🕒 150 Minutes

⊕ 8 Servings