

for the
little ones

Beef & Peanut Stir-fry

A quick, tasty beef and peanut stir-fry with crunchy veggies and a zesty kick – perfect for busy weeknights!



30 Minutes



2 Servings



Beef

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FROM YOUR BOX

EGG NOODLES	150g
CARROT	1
SNOW PEAS	150g
PEANUTS	40g
PEANUT BUTTER	2 tubs
HONEY SHOT	2
LIME	1
BEEF MINCE	300g

FROM YOUR PANTRY

sesame oil (or other), soy sauce, vinegar (white or rice wine)

COOKING TOOLS

saucepan, frypan or wok

Make meatballs and serve with noodles, sauce and stir-fried veg!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - noodles are replaced with rice noodles.



1. COOK the NOODLES

Bring a saucepan of water to a boil. Add **egg noodles** and cook according to the packet instructions. Drain and rinse in cold water, set aside.



2. PREPARE the INGREDIENTS

Julienne or grate **carrot**, trim and halve **snow peas** and chop **peanuts**.

tip Boost the veggie content by adding onion, broccoli or capsicum (you may need to adjust the amount of sauce).



3. Make the Sauce

In a bowl, whisk together **peanut butter**, **honey**, **1 1/2 tbsp soy sauce**, **1 tbsp vinegar**, **1 tbsp water**, **1/2 tbsp oil** and juice from **1/2 lime**.

tip For added flavour use lime zest as well as juice! You can also add garlic, ginger or chilli!



4. COOK the Beef & ADD VEGGIES

Heat a frypan with **oil** over medium-high heat. Add **beef mince** and cook for 5-6 minutes.

Stir in carrot and snow peas, cook for another 1-2 minutes.

tip Serve the veggies fresh if you prefer!



5. TOSS IN Sauce & NOODLES

Pour in the peanut sauce and add the noodles. Toss everything to combine and season to taste.

tip Rinse the noodles once more before adding to pan, to help separate.



6. FINISH AND SERVE

Serve beef and peanut noodles with remaining lime cut into wedges and peanuts.