

for the
little onesMeatBALLS,
NOODLES & PEANUTS

thai Beef NOODLES



25 Minutes



2 Servings



Beef

This dish is flavourful and healthy, perfect for little ones! Seasoned beef mince served over noodles with fresh veggies and a tangy dressing. Easy to customise for the whole family!

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FROM YOUR BOX

RICE NOODLES	1 packet
LIME	1
GINGER	1 piece
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
TOMATOES	2
MINT	1 packet
PEANUTS	60g
BEEF MINCE	300g

FROM YOUR PANTRY

sesame oil, soy sauce (or fish sauce), maple syrup (or sugar)

COOKING TOOLS

saucepan, frypan

Use the beef mince to make meatballs if you like! You can serve the noodles and meatballs in lettuce leaves for a fun twist.

Before you start cooking!

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



1. COOK the NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 4 minutes or until tender. Drain and rinse thoroughly in cold water. Set aside.



4. COOK the Beef

Heat a frypan with **oil** over medium-high heat. Add **beef mince** and cook for 6 minutes. Use a spatula to break up the mince. Season with any reserved **lime zest** and **1/2-1 tbsp soy sauce**. Take off heat and stir in **2 tbsp prepared sauce**.



2. Make the Sauce

Zest **lime** and set aside for step 4.

Grate **ginger** to yield 1/2-1 tbsp and crush **garlic**. Add to a bowl with **lime juice**, **1 1/2 tbsp sesame oil**, **2 tbsp soy sauce**, **1 tbsp maple syrup** and **2 tbsp water**.



5. FINISH AND SERVE

Serve **noodles** in bowls topped with **beef**, **fresh vegetables**, **peanuts** and **sauce** to taste.

tip You may need to rinse the noodles one more time in cold water before serving as they easily stick together.



3. PREPARE REMAINING INGREDIENTS

Dice **cucumber** and wedge **tomatoes**. Pick and slice **mint** leaves (or leave whole) and roughly chop or crush **peanuts**.

tip Add any other favourite ingredients you may have such as mango, capsicum or bean shoots!