

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	200g
GINGER	1 piece
GARLIC CLOVE	1
LIME	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 3 tbsp prepared sauce.



### 2. Make the Sauce

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**.

**tip** Zest the lime and reserve to flavour the beef mince.



### 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!