



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Peanuts


Although peanuts have "nuts" in their name, they are legumes. Like peas and beans, they are edible seeds enclosed in a pod.



C4 Thai Beef Salad with Roast Peanuts

Seared beef steaks with bean thread noodles, fresh mint, cucumber and leaves, finished with a lime dressing and roast peanuts. Fresh and full of flavour!

 20 minutes

 4 servings

 Beef

18 November 2022

Switch it up!

*If you prefer a little more heat, you can add some fresh chilli to the dressing!
You can also use the ingredients to make fresh spring rolls if you have some rice paper rounds.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	12g	55g

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (200g)
LIME	1
CARROT	1
MINT	1 packet
LEBANESE CUCUMBER	1
ROASTED PEANUTS	1 packet (40g)
MESCLUN LEAVES	1 bag (120g)
BEEF STEAKS	600g

FROM YOUR PANTRY

oil for cooking, fish sauce, apple cider vinegar, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

You can use soy sauce instead of fish sauce if preferred.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook for 2-3 minutes or until cooked al dente. Drain and rinse in cold water.



2. MAKE THE DRESSING

Combine **2 tbsp sweet chilli sauce**, **2 tbsp vinegar**, **2 tbsp fish sauce**, **4 tbsp water** and juice from 1/2 lime (see notes). Wedge remaining lime and set aside.



3. PREPARE THE SALAD

Grate or julienne carrot, pick mint leaves, slice cucumber and chop peanuts. Set aside with mesclun leaves.



4. COOK THE BEEF

Heat a frypan (or BBQ) over medium-high heat. Coat steaks with **oil** and **2 tsp fish sauce** and cook for 2-4 minutes on each side or until cooked to your liking. Slice for serving.



5. FINISH AND SERVE

Divide noodles, fresh salad and sliced beef among bowls (or toss all together with dressing in a large serving bowl). Garnish with chopped peanuts, serve with dressing and lime wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

