



Product Spotlight: Thai Basil

Thai basil has a purple stem and an aroma of liquorice, cinnamon and mint. It still holds its flavour after cooking where as sweet basil is best enjoyed fresh!



Beef Pad See Ew

Tender beef, rice noodles and Asian greens are stir-fried in a rich, savoury-sweet sauce, then finished with lime and cashews for a comforting Thai-inspired favourite.



30 minutes



Beef



2 servings

For little eaters!

Reduce the sauce and keep the stir-fry vegetables on the side so they can be added as desired. Keep the cashews and Thai basil separate for garnishing.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	16g	54g

FROM YOUR BOX

FLAT RICE NOODLES	300g
GARLIC	2 cloves
LIME	1
ASIAN GREENS	1 bunch
RED CAPSICUM	1
SHALLOT	1
THAI BASIL	1 packet
BEEF STIR-FRY STRIPS	300g
ROASTED CASHEWS	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, oyster sauce (or hoisin sauce), sugar (of choice), rice wine vinegar

KEY UTENSILS

large frypan or wok, saucepan

NOTES

You can substitute oyster sauce with light and dark soy sauce or hoisin sauce. We used brown sugar and coconut oil for this dish.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.



2. PREPARE THE INGREDIENTS

Crush **garlic** and zest **lime**. Combine with **2 tbsp oyster sauce**, **1 tsp sugar**, **1/2 tbsp vinegar** and **1 tbsp oil** (see notes). Trim **Asian greens** (use to taste) and cut in thirds. Slice **capsicum** and **shallot**. Pick **basil leaves**.



3. SEAR THE BEEF

Heat a frypan or wok over high heat with **oil**. Coat **beef strips** with **1/2 tbsp prepared sauce** and **pepper**. When pan is searing hot, cook for 1–2 minutes tossing until sealed. Remove to a plate.



4. STIR FRY THE VEGETABLES

Add extra **oil** to pan. Add **shallot**, **Asian greens** and **capsicum**. Stir fry for 3–4 minutes until tender.



5. STIR FRY THE NOODLES

Add **noodles** and **sauce** to the **veggies**. Stir fry for 3–4 minutes to warm the **sauce**. Take off heat and return **beef** to pan along with **basil leaves**. Toss to combine.



6. FINISH AND SERVE

Season noodles with **1/2 lime juice** (wedge remaining), **salt and pepper**. Garnish with chopped **cashews** and serve with **lime wedges**.

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