




### Product Spotlight: Cashews


Cashews are a good source of magnesium; it is vital for the healthy development of muscles, bones, tissues and organs.



# Caramelised Vietnamese Beef with Noodles

Caramelised Vietnamese beef mince, served in a quick and delicious stir-fry with rice noodles and cashews.

 20 minutes

 2 servings

 Beef

26 May 2023

## Spice it up!

*This dish would love some spice! Slice up some fresh chilli, add dried chilli flakes or splash on your favourite chilli sauce.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	17g	155g

## FROM YOUR BOX

NOODLES	1 packet
BROWN ONION	1
GINGER	20g
BEEF MINCE	300g
LIME	1
STIR-FRY VEGETABLE MIX	1 packet
CASHEWS	20g
THAI BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, pepper, fish sauce, coconut sugar (see notes)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Substitute coconut sugar for brown sugar, caster sugar, raw sugar or honey.



### 1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook according to packet instructions or until al dente. Drain and rinse with cold water.



### 2. COOK THE BEEF

Heat a large frypan over medium-high heat with **oil**. Slice onion. Peel and grate ginger. Add to pan as you go with beef mince and **1/2 tbsp fish sauce**. Cook for 8-10 minutes until beef is browned and crispy.



### 3. MAKE THE SAUCE

Meanwhile, zest lime and juice half (wedge remaining). Add to a bowl with **2 tbsp fish sauce, 3/4 tbsp water, 1 1/2 tsp sugar** and **pepper**. Whisk to combine.



### 4. STIR-FRY THE VEGGIES

Add the vegetables and 1/2 prepared sauce to pan and cook for a further 2 minutes. Season to taste with **fish sauce** and **pepper**.



### 5. FINISH AND SERVE

Roughly chop cashews and basil leaves.

Divide noodles among bowls. Spoon over stir-fry and top with cashews and basil. Serve with remaining sauce.



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