



Product Spotlight: Cashews

The cashew tree originated in Brazil. Hanging from its branches are large juicy apples with cashew nuts attached to the bottom!



G2 Beef Meatball and Cashew Stir Fry

Home-made beef meatballs served with vegetables and vermicelli noodles stir-fried in oyster sauce garnished with cashews.

 30 minutes

 2 servings

 Beef

21 January 2022

Spice it up!

If you want to add something to your stir fry sauce to spice it up, you can add a crushed garlic clove, finely sliced lemongrass, chilli or soy sauce.

Per serve: **PROTEIN** 26g **TOTAL FAT** 13g **CARBOHYDRATES** 54g

FROM YOUR BOX

GINGER	1 piece
BEEF MINCE	300g
GAI LAN	1 bunch
SUGAR SNAP PEAS	1 bag (150g)
CELERY STICK	1
VERMICELLI NOODLES	1 packet (100g)
CHILLI LIME CASHEWS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, oyster sauce, white wine vinegar

KEY UTENSILS

2 frypans, saucepan

NOTES

If you want to speed up this dish, you can skip making the meatballs and stir-fry the beef mince with the vegetables.



1. MAKE THE SAUCE

Bring a saucepan of water to the boil.

Peel and grate ginger. Add to a bowl along with **1/4 cup oyster sauce, 3 tsp vinegar, salt and pepper.**



2. MAKE MEATBALLS

Mix beef mince with 2 tsp prepared sauce. Use **oiled** hands to form 6–9 meatballs. Heat a frypan over medium–high heat with **oil**. Add meatballs and cook, turning occasionally, for 10–12 minutes until browned and cooked through.



3. STIR-FRY VEGETABLES

Heat a second frypan over medium–high heat with **oil**. Trim and cut gai lan and sugar snap peas. Slice celery. Add to pan as you go and cook, stirring, for 2–3 minutes. Remove from heat.



4. COOK THE NOODLES

Add noodles to boiling water and cook for 2 minutes or until tender. Drain and rinse in cold water.



5. TOSS THE NOODLES

Cut cooked noodles using scissors. Toss noodles and remaining sauce through stir-fried vegetables until well coated.



6. FINISH AND SERVE

Evenly divide stir-fry among shallow bowls. Serve with meatballs and sprinkle over cashews.

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

