




Product Spotlight: Cashews

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



G4 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

 4 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** 53g

FROM YOUR BOX

GINGER	1 piece
BEEF MINCE	600g
GAI LAN	1 bunch
SUGAR SNAP PEAS	1 bag (250g)
CELERY STICKS	2
VERMICELLI NOODLES	1 packet (200g)
CHILLI LIME CASHEWS	2 packets

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 **1/3 cup oyster sauce, 1 tbsp vinegar, salt and pepper.**



2. MAKE MEATBALLS

Mix beef mince with 1 tbsp prepared sauce. Use **oiled** hands to form 12-16 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**

