



### 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.



### 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.*



20 minutes



2 servings



Beef

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	36g	24g	44g

## FROM YOUR BOX

RICE VERMICELLI NOODLES	150g
BROWN ONION	1
GINGER	1 piece
BEEF MINCE	300g
LIME	1
CARROT	1
RED CAPSICUM	1
SNOW PEAS	150g
CASHEWS	40g
THAI BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, pepper, fish sauce, sugar of choice

## KEY UTENSILS

large frypan, saucepan

## NOTES

We used coconut sugar. Brown sugar, raw sugar, honey or maple syrup will also work well for this recipe.



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### 1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add **noodles** and cook for around 6 minutes 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** (use 1/2-1 tbsp). 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** (see notes). Whisk to combine.



### 4. STIR-FRY THE VEGGIES

Slice **carrot** and **capsicum**. Trim **snow peas**. Add to **beef** as you go along with **1/2 prepared sauce**. 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**.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

