

**Product Spotlight:
Cashews**

Cashews are a good source of magnesium, which is vital for the healthy development of the body's muscles, bones, tissues and organs.



Vietnamese Cashew Beef

with Ginger Lime Dressing

This Vietnamese beef dish is quick and delicious! Served with rice noodles, stir-fried veggies and a zingy lime and ginger dressing.



20 minutes



4 servings



Beef

Switch it up!

Use the ingredients to make rice paper rolls instead! Use the sauce as a dipping sauce for the rice paper rolls!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	19g	51g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
BEEF MINCE	600g	600g + 300g
GINGER	2 pieces	2 pieces
LIME	1	2
CARROTS	2	3
ASIAN GREENS	1 bunch	1 bunch
ROASTED CASHEWS	40g	2 x 40g
RED CHILLI	1	1
RICE VERMICELLI NOODLES	300g	300g + 150g

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

Fish sauce can be substituted with soy sauce or tamari is preferred.

Remove the seeds from the chilli for a milder dish.



1. BROWN THE BEEF

Bring a saucepan of water to a boil.

Heat a large frypan over medium-high heat. Slice **onion** and add to pan along with **beef mince**. Use the back of a spoon to break up **mince**. Cook for 5 minutes until browning begins.



4. PREPARE THE GARNISHES

Roughly chop **cashews**. Thinly slice **chilli** (see notes).



2. MAKE THE SAUCE

Peel and grate **ginger**. Zest **lime** and juice **1/2**. Whisk in a bowl along with **3 tsp sugar**, **2 tbsp fish sauce**, **3 tbsp water**, **1 tbsp sesame oil** and **pepper**.

6P – Use **grated ginger**, **zest and juice from 1 lime**, **1 tbsp sugar**, **3 tbsp fish sauce**, **4 tbsp water**, **2 tbsp sesame oil**.



5. COOK THE NOODLES

Add **noodles** to saucepan of boiling water. Cook according to packet instructions. Drain and rinse in cold water.



3. ADD THE VEGGIES

Thinly slice **carrots**. Cut **Asian greens** into thirds. Add to frypan along with **2 tbsp prepared sauce** and cook for 5 minutes. Season to taste with **salt and pepper**.

6P – **3 tbsp prepared sauce**



6. FINISH AND SERVE

Divide **noodles** among bowls. Top with **beef** and **veggies**. Drizzle over **remaining sauce**. Add **prepared garnishes** and serve with **lime wedges**.



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