




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

 4 servings

 Beef

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** 41g **TOTAL FAT** 17g **CARBOHYDRATES** 144g

FROM YOUR BOX

RICE NOODLES	2 packets
BROWN ONION	1
GINGER	1 piece
BEEF MINCE	500g
LIME	1
CARROTS	2
RED CAPSICUM	1
SNOW PEAS	150g
CASHEWS	80g
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**. Add to pan as you go along with **beef mince** and **1 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 along with **3 tbsp fish sauce**, **1 tbsp water**, **2 tsp sugar** and **pepper** (see notes). Whisk to combine.



4. STIR-FRY THE VEGGIES

Slice **carrots** 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.

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