



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



4/6 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	TOTAL FAT	CARBOHYDRATES
	36g	25g	45g

FROM YOUR BOX

	4 PERSON	6 PERSON
RICE VERMICELLI NOODLES	300g	2 x 300g
BROWN ONION	1	1
GINGER	1 piece	1 piece
BEEF MINCE	600g	600g + 300g
LIME	1	2
CARROTS	2	2
RED CAPSICUM	1	2
SNOW PEAS	150g	2 x 150g
CASHEWS	2 x 40g	3 x 40g
THAI BASIL	1 packet	2 packets

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.



Scan the QR code to
submit a Google review!



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.

6P – Use 1 1/2 tbsp fish sauce.



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.

6P – Add 4 tbsp fish sauce, 1 1/2 tbsp water, 2 1/2 tsp sugar and pepper.



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**.

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**

