



Product Spotlight: Snow Peas

In France the snow pea is also known as mange-tout, meaning "eat it all". This is because of the unusual fact you can eat pea, pod and all!



Thai Beef Meatballs with Crunch Salad

Ginger beef meatballs served on a crunchy peanut salad with fresh cucumber, capsicum, snow peas and kale, drizzled with a coconut and lime dressing.



30 minutes



4 servings



Beef

Warm the kale!

If you're not a fan of raw kale you can sauté it lightly in a frypan or bake in the oven until crispy!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	45g	25g

FROM YOUR BOX

COCONUT MILK	400ml
LIME	1
ROASTED PEANUTS	1 packet
KALE	1 bunch
LEBANESE CUCUMBERS	2
RED CAPSICUM	1
SNOW PEAS	150g
MINT	1 packet
GINGER	1 piece
BEEF MINCE	600g

FROM YOUR PANTRY

oil for cooking, sweet chilli sauce, soy sauce (or tamari)

KEY UTENSILS

frypan, stick mixer or blender

NOTES

If you don't have a stick mixer or blender you can leave the peanuts out of the dressing and use them for a garnish instead. For a thicker dressing you could whisk in some peanut butter.



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1. PREPARE THE DRESSING

Blend coconut milk with **2 tbsp soy sauce**, **2 tbsp sweet chilli sauce**, 1/2 lime zest and juice and 1/2 peanuts using a stick mixer or blender (see notes). Chop remaining peanuts and wedge remaining lime. Set aside.



2. MASSAGE THE KALE

Thinly slice kale leaves (discard stems). Add to a large salad bowl. Add 1/4 cup dressing and use hands to scrunch kale until tender.



3. TOSS THE SALAD

Slice cucumbers and capsicum. Trim and halve snow peas. Pick and roughly chop mint leaves. Add to large salad bowl and toss.



4. PREPARE THE BEEF

Peel and grate ginger. Combine with beef mince, **1 tbsp sweet chilli sauce** and **1 tbsp soy sauce**.



5. COOK THE MEATBALLS

Use **oiled** hands to roll into 1 tbsp size meatballs. Heat a frypan over medium-high heat with **oil**. Add meatballs and cook, turning for 8-10 minutes or until cooked through.



6. FINISH AND SERVE

Divide salad and meatballs among plates or shallow bowls. Spoon over remaining dressing (to taste) and garnish with chopped peanuts. Serve with lime wedges.

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