



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
	29g	39g	20g

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.



4. PREPARE THE BEEF

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



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.



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.



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.



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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