

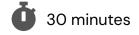




Thai Beef Meatballs

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.







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!

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
GINGER	
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.





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 1tbsp soy sauce.



5. COOK THE MEATBALLS

Use **oiled** hands to roll into 1 tbsp size meatballs. Heat a frypan over mediumhigh 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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