

**Product Spotlight:  
Zucchini**

Most of the antioxidants and fibre in zucchini are found in the skin, so make sure you don't peel it before cooking!



## Coconut Curry Ramen Zoodles with Crispy Beef

Zucchini noodles served in warm coconut broth flavoured with garlic, ginger and our hand-blended custom curry spice mix topped with crispy fried beef and crunchy veggies.



35 minutes



2 servings



Beef

## Make a stir-fry!

*Slice all the vegetables and stir fry with crushed garlic, ginger and the curry spice mix. Serve topped with crispy meat or make meatballs!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	54g	33g

## FROM YOUR BOX

GINGER	1 piece
SPRING ONIONS	1 bunch
GARLIC CLOVE	1
CURRY SPICE MIX	1 packet
COCONUT CREAM	400ml
ZUCCHINI	1
RED CAPSICUM	1
RED CABBAGE	1/4
BEEF MINCE	300g
LIME	1

## FROM YOUR PANTRY

sesame oil for cooking, soy sauce, chilli flakes (optional)

## KEY UTENSILS

saucepan, frypan

## NOTES

Add 1 tbsp vinegar, 1/4 tsp sugar and salt to the cabbage and massage to soften.

*Curry spice mix: curry power, ground cumin, ground coriander, ground paprika, brown sugar, ground cardamom.*



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### 1. SAUTÉ THE AROMATICS

Grate **ginger**, slice **spring onions** (reserve green tops for garnish) and crush **garlic**. Place in a saucepan with **1 tbsp sesame oil** and cook over medium-high heat for 2 minutes.



### 2. SIMMER THE CURRY BROTH

Add **curry spice mix** and cook for 1 minute. Stir in **coconut cream** and **2 cups water**. Bring to a boil and simmer, covered, for 10 minutes.



### 3. MAKE THE ZOODLES

Meanwhile, julienne or ribbon **zucchini** into noodles using a julienne peeler/spiralizer or vegetable peeler. Set aside.



### 4. PREPARE THE TOPPINGS

Cut **capsicum** into thin strips, thinly slice **red cabbage** and reserved spring onion tops (see notes).



### 5. COOK THE BEEF

Heat a frypan with **sesame oil** over high heat. Add **beef mince** and cook for 6–8 minutes until crispy. Season with **2 tsp soy sauce** (or to taste).



### 6. FINISH AND SERVE

Zest **lime**. Season the broth with lime zest, 1/2 lime juice and 1/2–1 tbsp soy sauce.

Arrange zoodles in shallow bowls and pour over coconut broth. Top with vegetables and beef mince. Sprinkle with **chilli flakes** (optional) and serve with remaining lime cut into wedges.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

