

**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 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



4 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
	26g	33g	17g

FROM YOUR BOX

GINGER	1 piece
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
CURRY SPICE MIX	1 packet
COCONUT CREAM	400ml
ZUCCHINIS	2
RED CAPSICUM	1
RED CABBAGE	1/4
BEEF MINCE	600g
LIME	1

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large frypan

NOTES

Add 1 tbsp vinegar, 1/4 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 **2 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 **3 cups water**. Bring to the boil and simmer, covered, for 10 minutes.



3. MAKE THE ZOODLES

Meanwhile, julienne or ribbon zucchinis 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 large frypan with **sesame oil** over high heat. Add beef mince and cook for 6–8 minutes until crispy. Season with **1 tbsp soy sauce** (or to taste).



6. FINISH AND SERVE

Zest lime. Season the broth with lime zest, juice from 1/2 lime and **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**

