




### Product Spotlight: Red Chilli


Chillies are rich in vitamin C and boost your metabolism, making you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



## Crying Tiger Beef Salad with Puffed Noodles

A fresh Thai inspired salad featuring a punchy coriander, lime and chilli dressing spooned over seared steak and a bed of crispy puffed bean thread noodles.

 25 minutes

 4 servings

 Beef

## Add some extra!

*Coat the beef steaks with oyster sauce before searing for an umami boost in flavour! You can add fried shallots or roasted peanuts to the salad if you have some.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 25g **CARBOHYDRATES** 53g

## FROM YOUR BOX

RED CHILLI	1
CORIANDER	1 packet
GARLIC CLOVE	1
LIME	1
LEBANESE CUCUMBER	1
TOMATOES	2
MESCLUN LEAVES	120g
BEEF STEAKS	600g
BEAN THREAD NOODLES	200g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fish sauce, sugar (of choice)

## KEY UTENSILS

large frypan or griddle, small saucepan

## NOTES

Pat steaks dry with paper towel before cooking for a nice sear.

It's best to use a neutral-flavoured oil when cooking the noodles. Use noodles to taste when frying, we recommend 1/2 packet (100g). You can boil the whole packet of noodles instead and add extra vegetables to bulk up the dish.

Scan the QR code in the step photo to watch us puff the noodles!



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### 1. PREPARE THE DRESSING

Finely chop chilli, coriander stems and garlic. Combine in a small bowl with lime juice, **2 tbsp fish sauce**, **1 tbsp sugar** and **1/4 cup water**. Stir to dissolve sugar.



### 2. PREPARE THE SALAD

Deseed and slice cucumber. Wedge tomatoes. Chop coriander leaves. Toss together with mesclun leaves.



### 3. COOK THE STEAKS

Coat steaks with **oil, salt and pepper** (see notes). Heat a frypan or griddle over high heat. Cook steaks for 2-4 minutes each side or until cooked to your liking. Set steaks aside on a plate to rest.



### 4. PUFF THE NOODLES

Heat a small saucepan over medium-high heat with **1 cup oil** (see notes). Pull **1/2 packet (100g) dried noodles** apart into sections. Use tongs to add each noodle section to hot oil for 15 seconds on each side, or until puffed up. Remove to paper towel and repeat with remaining noodles.



### 5. FINISH AND SERVE

Arrange noodles and salad on a large serving dish. Slice steaks and add on top. Spoon over dressing to serve.

**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**

