



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** 32g **TOTAL FAT** 52g **CARBOHYDRATES** 23g

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 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 the 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.

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