



**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 4/6 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
4/6 Person:	26g	49g/57g	16g/13g

## FROM YOUR BOX

	4 PERSON	6 PERSON
GINGER	1 piece	1 piece
SPRING ONIONS	1 bunch	2 bunches
GARLIC CLOVES	2	3
CURRY SPICE MIX	1 packet	2 packets
COCONUT CREAM	400ml	2 x 400ml
ZUCCHINIS	2	3
RED CAPSICUM	1	2
RED CABBAGE	1/4	1/4
BEEF MINCE	600g	600g + 300g
LIME	1	2

## 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.



### 4. PREPARE THE TOPPINGS

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



### 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.

**6P** – use **1 1/2 packet** slice mix and stir in **3-4 cups water**.



### 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).

**6P** – season with **2 tbsp soy sauce (or to taste)**.



### 3. MAKE THE ZOODLES

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



### 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.

**6P** – season broth with **juice from 1 lime** and **2 tbsp soy sauce**.

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