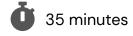




Peanut Beef Skewer Bowl

Beef skewers flavoured with peanut satay sauce, served in a bowl with fresh vegetables, rice noodles and lime wedges.





2 servings



Switch it up!

If you don't want to make skewers, you can form the mince into meatballs of any size instead.

TOTAL FAT CARBOHYDRATES 119g

48g 46g

FROM YOUR BOX

RICE NOODLES	1 packet (200g)
SATAY SAUCE	1 jar
BEEF MINCE	300g
ASIAN GREENS	2 bulbs
CARROT	1
YELLOW CAPSICUM	1
LIME	1

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers (see notes)

KEY UTENSILS

griddle pan, saucepan, frypan

NOTES

If you are using wooden skewers, soak them in water to prevent them from burning.

Instead of a griddle pan you could use a BBQ or frypan.

No beef option - beef mince is replaced with chicken mince. Add an extra tbsp of satay sauce to mince.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse well in cold water. Add noodles back to pan and toss with 1tbsp satay sauce and 1tbsp oil.



2. MAKE THE SKEWERS

Mix beef mince with <u>1 tbsp</u> satay sauce, salt and pepper. Use oiled hands to press mince onto skewers to make 4-6.



3. COOK THE SKEWERS

Heat a griddle pan (see notes) over medium-high heat with **oil**. Cook skewers in batches, turning occasionally, for 8-10 minutes or until cooked through.



4. COOK ASIAN GREENS

Heat a frypan over medium-high heat with oil. Quarter Asian greens and add to pan. Cook, turning, for 6-8 minutes or until lightly charred on each side. Season with salt and pepper.



5. PREPARE VEGETABLES

Julienne or ribbon carrot. Thinly slice capsicum and wedge lime.

Mix remaining satay sauce with 1-2 tbsp water to thin out.



6. FINISH AND SERVE

Divide noodles among bowls. Top with skewers, Asian greens, fresh vegetables and lime wedges. Drizzle over remaining sauce or serve on the side.

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



