



### Product Spotlight: Chilli

While humans can react to capsaicin, the compound in chilli that creates heat, birds are completely immune to it. That is why birds help spread wild chilli to different parts of the world, by consuming it and fertilising the seeds.



## 2 Thai Beef Salad

Tender seared beef strips tossed with bean thread noodles, fresh mint, crunchy cucumber, roasted cashews and a zesty chilli lime dressing.



30 minutes



2 servings



Beef

5 October 2020

### Cooking Tip!

- For beautifully browned beef strips :*
- 1. Pat the strips dry with paper towel first.*
  - 2. Have your frypan on high heat.*
  - 3. Cook the strips in batches and don't overcrowd the pan.*
  - 4. If you get stuck - watch the video!*

Per serve: **PROTEIN** 41g **TOTAL FAT** 28g **CARBOHYDRATES** 63g

## FROM YOUR BOX

|                      |                  |
|----------------------|------------------|
| BEAN THREAD NOODLES  | 1 packet (100g)  |
| RED CHILLI           | 1                |
| LIME                 | 1                |
| MINT                 | 1/2 bunch *      |
| CHERRY TOMATOES      | 1/2 bag (100g) * |
| CARROT               | 1                |
| BEAN SHOOTS          | 1/2 bag (125g) * |
| MESCLUN LEAVES       | 1/2 bag (100g) * |
| BEEF STIR-FRY STRIPS | 300g             |
| CASHEWS              | 1 packet (40g)   |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, fish sauce (or soy sauce/tamari), pepper, sugar (of choice), pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Palm sugar or coconut sugar works well in the dressing as well as sesame oil or neutral flavoured oil.

Add garlic to the dressing or beef for added depth of flavour.

**No beef option - beef stir-fry strips are replaced with chicken stir-fry strips.** Increase cooking time to 6-8 minutes or until cooked through.



### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and simmer for 2 minutes, or until cooked al dente. Drain and rinse in cold water.



### 4. COOK THE BEEF

Heat a frypan over high heat. Coat beef strips with **1/2 tbsp fish sauce, oil and pepper**. Cook beef for 1-2 minutes until browned.



### 2. PREPARE THE DRESSING

Deseed and chop chilli. Combine with lime zest and juice, **2 tbsp fish sauce, 2-3 tsp sugar and 2 tbsp oil** (see notes).



### 3. PREPARE THE SALAD

Roughly chop mint leaves. Halve tomatoes and ribbon carrot with a vegetable peeler. Set aside with bean shoots and mesclun leaves.



### 5. FINISH AND PLATE

Toss beef with noodles, salad and dressing until well combined. Divide among bowls and garnish with cashews.

**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](mailto:hello@dinnertwist.com.au)

