




Product Spotlight: Lime

Lime offers a heap of vitamins and minerals, including potassium. Potassium is important for maintaining nerve and muscle function, as well as healthy blood pressure levels.



4 Peanut Beef Skewer Bowl

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

 35 minutes

 4 servings

 Beef

26 November 2021

Switch it up!

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

Per serve: **PROTEIN** 43g **TOTAL FAT** 28g **CARBOHYDRATES** 97g

FROM YOUR BOX

RICE NOODLES	1 packet (375g)
SATAY SAUCE	1 jar
BEEF MINCE	600g
ASIAN GREENS	1 bunch
CARROTS	2
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 2 tbsp satay sauce and **1 tbsp oil**.



2. MAKE THE SKEWERS

Mix beef mince with 2 tbsp satay sauce, **salt and pepper**. Use **oiled** hands to press mince onto skewers to make 10-12.



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 carrots. 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

