




### 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.



## 2 Zesty Beef Noodle Salad

Bright zesty lime and chilli dressing over beef scallopini, crunchy vegetables and noodles.

 30 mins

 4 servings

 Beef

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### Spice it up!

*If you want to take the flavour of this salad to the next level, you could add 1 stalk lemon grass, 1 crushed garlic clove and 1 tsp grated ginger into your salad.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 18g **CARBOHYDRATES** 63g

## FROM YOUR BOX

NOODLES	1 packet (250g)
MINT	1 bunch
RED CHILLI	1
LIME	1
CONTINENTAL CUCUMBER	1
FESTIVAL LETTUCE	1/2 *
CHERRY TOMATOES	1 bag (200g)
BEAN SHOOTS	1 bag (250g)
BEEF SCALLOPINI	600g
PEANUTS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, fish sauce, raw sugar (or sweetener of choice), white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

We use sesame oil for extra flavour.

You may find it helpful to cut the noodles with a clean pair of scissors before tossing through the salad, this will make them easier to manage.

**No beef option – beef scallopini is replaced with chicken mince.** Cook in a frypan over medium-high heat with oil, fish sauce and seasoning for 4-6 minutes.



### 1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add the noodles and cook for 2-3 minutes or until tender. Drain and rinse in cold water.



### 2. MAKE THE DRESSING

Roughly chop half the mint and the chilli, add to a bowl with zest and juice of the lime, **3 tbsp fish sauce, 3 tbsp vinegar, 1 tbsp sugar, 3 tbsp water, and 2 tbsp oil** (see notes). Stir to combine.



### 3. PREPARE THE SALAD

Finely slice cucumber, tear lettuce and halve cherry tomatoes, add to a bowl along with bean shoots and the remainder of the mint.



### 4. COOK THE SCALLOPINI

Coat the scallopini in **oil, salt and pepper**. Heat a frypan over high heat and cook in batches for 1-2 minutes each side or until cooked to your liking. Set aside to rest.



### 5. TOSS THE SALAD

Toss the salad with the noodles (see notes) and 3/4 of the dressing until everything is well coated.



### 6. FINISH AND PLATE

Thinly slice the scallopini. Evenly divide salad among bowls, top with scallopini, chopped peanuts and remaining dressing.

**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**

