



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cashew Nuts

The cashew tree originated in Brazil. Hanging from its branches are large juicy apples with cashew nuts attached to the bottom!



2 Satay Beef Noodles

Rice noodles served with satay sauce, sliced beef steaks, veggies and topped with crunchy cashew nuts to serve! Quick & easy mid-week dinner!

 20 minutes

 2 servings




 Beef

23 July 2021

Spice it up!

Add some sliced fresh chilli to this dish or some chilli / sweet chilli sauce to the satay sauce for an extra boost of spice!

FROM YOUR BOX

BEEF STEAKS 	300g
BROCCOLINI	1 bunch
RICE NOODLES	1 packet (200g)
SPRING ONIONS	2
SATAY SAUCE	1 bottle
COCONUT MILK	165ml
RED CAPSICUM	1/2 *
CASHEW NUTS	1 packet (30g)
 BEAN SHOOTS	1 bag (250g)
 FREE-RANGE EGGS	6-pack

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce


KEY UTENSILS

saucepan, frypan

NOTES

For a warmer dish, toss together noodles and sauce just prior to serving!

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. COOK THE BEEF


Bring a saucepan of water to the boil.

Heat a frypan over medium–high heat. Rub beef steaks with oil, add to pan and cook for 2–4 minutes on each side, or until cooked to your liking. Set aside on a chopping board, reserve pan for step 4.



2. BLANCH THE BROCCOLINI

Trim broccolini and blanch in boiling water for 2–3 minutes. Remove using a slotted spoon, reserving the boiling water for the noodles.

 **VEG OPTION – Bring a saucepan of water to a boil, follow instructions above.**



3. COOK THE NOODLES

Add noodles to boiling water and cook for 2–3 minutes or until tender. Drain and rinse to prevent noodles from sticking together.



4. MAKE THE SAUCE

Reheat frypan over medium heat. Slice and add spring onions (reserve green tops), cook for 2–3 minutes. Stir in satay sauce, coconut milk and **1/2–1 tbsp soy sauce**. Cook until warmed through.



5. PREPARE THE VEGGIES

Slice reserved spring onion tops, capsicum and broccolini.

 **VEG OPTION – Prepare as above, adding bean shoots.**


Fry or scramble the eggs to your liking.



6. FINISH AND SERVE

Slice beef steaks.

Serve noodles (give them an extra rinse if needed!) topped with satay sauce, sliced beef, veggies and cashew nuts (see notes).

 **VEG OPTION – Serve noodles (give them an extra rinse if needed!) topped with satay sauce, fried eggs, veggies, bean shoots and 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

