



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Peanuts


Although peanuts have “nut” in their name, they are actually legumes. Just like their relatives peas and beans, they are edible seeds enclosed in a pod.



## 2 Thai Beef Meatballs with Noodles

A fresh noodle salad with mint and a sweet chilli dressing, topped with beef meatballs and crunchy peanuts.

 25 minutes

 2 servings




 Beef

10 December 2021

## Speed it up!

*For an even speedier dish you can cook the mince in the pan instead of rolling meatballs. You could also leave the mint leaves whole instead of slicing them.*

## FROM YOUR BOX

RICE NOODLES	1 packet
BEEF MINCE 	300g
BABY COS LETTUCE	1
MINT	1 bunch
CHERRY TOMATOES	1 bag (200g)
CARROT	1
PEANUTS	1 packet (40g)
 FREE-RANGE EGGS	2-4
 SNOW PEAS	1 bag (150g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce, rice wine or white wine vinegar, salt and pepper


## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use lime juice (instead of vinegar) and sesame oil in the dressing for extra flavour!

**No beef option** – beef mince is replaced with **chicken mince**. Cook mince in frypan with 1 tbsp sweet chilli sauce, salt and pepper for 8-10 minutes until cooked through.

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




### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and cook according to packet instructions until tender. Drain and rinse in cold water.



### 2. PREPARE THE MEATBALLS

Combine beef mince with **1 tbsp sweet chilli sauce, salt and pepper**.

 **VEG OPTION** – Bring a small saucepan of water to boil. Add eggs and cook for 6-7 minutes.



### 3. COOK THE MEATBALLS

Heat a frypan over medium-high heat. Roll 1 tbsp size meatballs and add to pan as you go. Cook for 10 minutes, turning, until cooked through.




### 4. MAKE THE DRESSING

Meanwhile, whisk together **2 tbsp water, 2 tbsp soy sauce, 2 tbsp sweet chilli sauce, 1 tbsp vinegar and 1 tbsp oil** in a bowl.



### 5. TOSS THE SALAD


Quarter baby cos and set aside. Roughly chop mint leaves, halve tomatoes, and ribbon carrot. Toss with cooked noodles and dressing.

 **VEG OPTION** – Prepare salad as above. Trim, slice and add snow peas.



### 6. FINISH AND SERVE

Arrange baby cos in bowls with noodle salad and meatballs. Garnish with peanuts.

 **VEG OPTION** – Divide baby cos and noodle salad among bowls. Peel and quarter eggs, place on top and garnish with peanuts.

**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)

