



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

 4 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 	600g
BROCCOLINI	1 bunch
RICE NOODLES	1 packet (375g)
SPRING ONIONS	1/2 bunch *
SATAY SAUCE	1 bottle
COCONUT MILK	400ml
RED CAPSICUM	1
CASHEW NUTS	1 packet (60g)
 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

large saucepan, large 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 large 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 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](mailto:hello@dinnertwist.com.au)

