




### 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

 2 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** 48g **TOTAL FAT** 46g **CARBOHYDRATES** 119g

## FROM YOUR BOX

RICE NOODLES	1 packet (200g)
SATAY SAUCE	1 jar
BEEF MINCE	300g
ASIAN GREENS	2 bulbs
CARROT	1
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 1 tbsp satay sauce and **1 tbsp oil**.



### 2. MAKE THE SKEWERS

Mix beef mince with 1 tbsp satay sauce, **salt and pepper**. Use **oiled** hands to press mince onto skewers to make 4-6.



### 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 carrot. 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](mailto:hello@dinnertwist.com.au)

