



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

 2 servings

 Beef

18 June 2021

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** 45g **TOTAL FAT** 26g **CARBOHYDRATES** 62g

FROM YOUR BOX

NOODLES	1 packet (100g)
MINT	1 bunch
RED CHILLI	1 (use to taste)
LIME	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
BEAN SHOOTS	1 bag (250g)
BEEF SCALLOPINI	300g
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 used sesame oil for extra flavour.

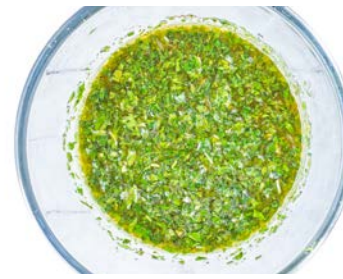
You may find it helpful to cut the noodles with a clean pair of scissors before tossing through the salad, this will make them easier to manage.

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 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, **2 tbsp fish sauce, 2 tbsp vinegar, 1 tbsp sugar, 2 tbsp water, and 1 1/2 tbsp oil** (see notes). Stir to combine.



3. PREPARE THE SALAD

Finely slice cucumber and halve cherry tomatoes, add to a bowl with 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**

