

DINNERLY



⚡ FAST

🍏 HEALTHY

Speedy Thai Beef Stir-Fry with Vermicelli Noodles and Mint



20-30 minutes



2 Servings

Stir-fry beef in Thai spices while you cook noodles and green beans, then bring the lot together in a tasty soy dressing. Now that's what you call smashing out dinner!

WHAT WE SEND

- mint
- 150g green beans
- beef mince
- 5g Thai seasoning¹⁷
- 100g vermicelli noodles
- 40g peanuts⁵

WHAT YOU NEED

- garlic clove
- vegetable oil
- white vinegar
- soy sauce⁶
- Australian honey

TOOLS

- large frypan
- sieve

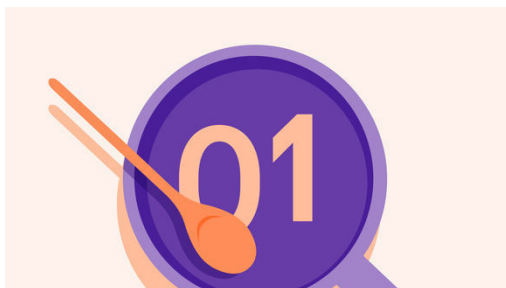
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

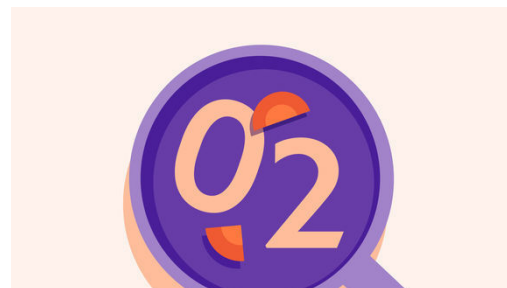
NUTRITION PER SERVING

Energy 560kcal, Fat 20.9g, Carbs 44.6g, Proteins 45.1g



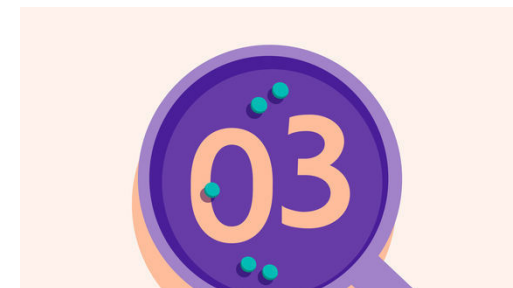
1. Prep veggies

Crush or finely chop **2 garlic cloves**. Finely chop the **mint** stems and coarsely chop the leaves, keeping them separate. Trim the **beans** and halve on an angle.



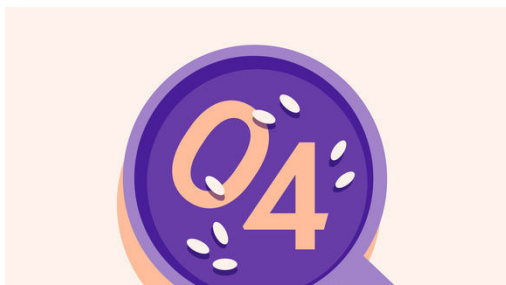
2. Stir-fry beef

Heat **2 tsp vegetable oil** in a large frypan over high heat. Cook the **beef mince, garlic, mint stems** and **Thai seasoning**, breaking up any lumps with a wooden spoon, for 5 mins or until browned. Remove the pan from the heat.



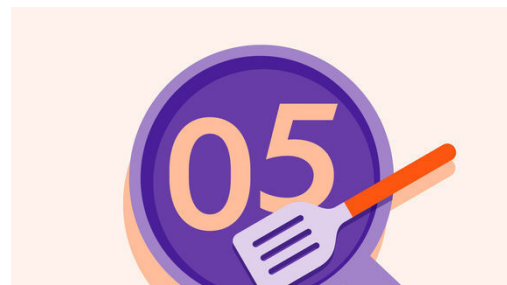
3. Soften noodles

Meanwhile, put the **beans** and **noodles** in a large heatproof bowl, cover with boiling water and stand for 5 mins or until the noodles are softened. Drain, then separate the beans and noodles.



4. Make dressing

Put **2 tbs white vinegar**, **1½ tbs soy sauce**, **1 tsp honey** and **a pinch of pepper** in a large bowl and stir to combine.



5. Combine and serve up

Add the **beef stir-fry, beans, mint leaves** and **peanuts** to the **dressing** and toss to combine. Taste, then season with **pepper**. Divide the **noodles** among bowls, top with the **stir-fry mixture** and enjoy.



6. Make it yours

Like a chilli kick but your spice-love isn't shared by the whole house? Make a chilli oil to drizzle over the stir-fry. Heat 1 tbs vegetable oil in a medium saucepan over medium heat. Add 2-3 tsp chilli flakes and cook, stirring, for 1 min. Add 250ml (1 cup) vegetable oil, remove from the heat and cool. Use as needed and store in an airtight container.