

# DINNERLY



⚡ FAST

🍏 HEALTHY

## Speedy Thai Beef Stir-Fry with Vermicelli Noodles and Mint



20-30 minutes



4 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
- 300g green beans
- beef mince
- 10g Thai seasoning <sup>17</sup>
- 200g vermicelli noodles
- 40g peanuts <sup>5</sup>

## WHAT YOU NEED

- garlic clove
- vegetable oil
- white vinegar
- soy sauce <sup>6</sup>
- Australian honey

## TOOLS

- large deep frypan or saucepan
- sieve

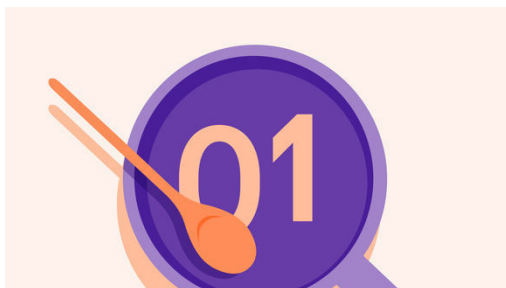
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

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

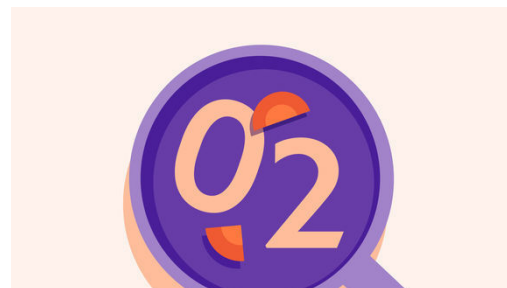
## NUTRITION PER SERVING

Energy 505kcal, Fat 16.2g, Carbs 43.7g, Proteins 42.6g



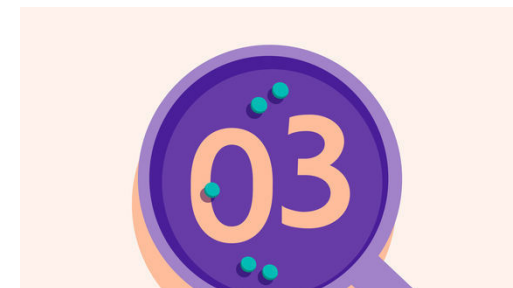
### 1. Prep veggies

Crush or finely chop **3 garlic cloves**. Finely chop the **mint** stems and coarsely chop the leaves, keeping them separate. Trim the **beans** and halve on an angle.



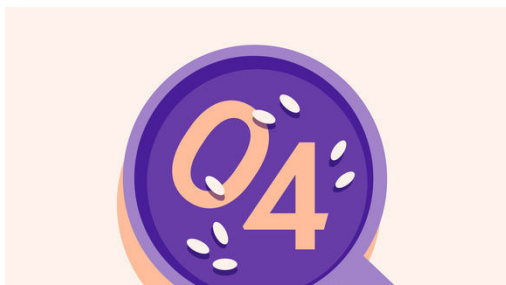
### 2. Stir-fry beef

Heat **1 tbs vegetable oil** in a large deep 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.



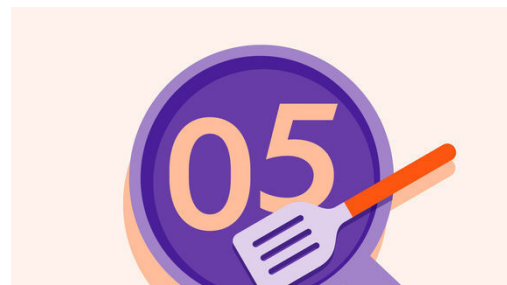
### 3. Soften noodles

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 **80ml (1/3 cup) white vinegar**, **60ml (1/4 cup) soy sauce**, **2 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 serve.



### 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.