



Everything But The Chef

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Rare Beef Pho

There's nothing quite like a pho in winter: fragrant, warming and fresh. If you thought this delicious Asian soup was too ambitious to recreate at home, think again! We've given you all the stable ingredients, aromatic spices and top quality beef needed to conjure up the authentic flavours of Ho Chi Minh City.

Pantry Items: Water, Fish Sauce

- Prep:** 10 mins
- Cook:** 20 mins
- Total:** 30 mins
- level 1**
- high protein**
- low fat**
- spicy**
- lactose free**



Beef Stock



Star Anise & Cinnamon



Ginger



Brown Onion



Long Chilli



Lime



Rick Stick Noodles



Snow Peas



Beef Rump



Thai Basil



Coriander

2P	4P	Ingredients
1 cube	2 cubes	beef stock
4 cups	8 cups	water *
1 packet	2 packets	star anise & cinnamon stick
1 knob	2 knobs	ginger, peeled & sliced
½	1	brown onion, finely sliced ⊕
1	2	long chilli, finely sliced
½	1	lime, juiced ⊕
1 tsp	2 tsp	fish sauce *
⅓ packet	⅔ packet	rice stick noodles
1 tray	2 trays	snow peas, trimmed & sliced diagonally A
1 steak	2 steaks	beef rump, very thinly sliced B
1 bunch	2 bunches	thai basil, leaves picked
1 bunch	2 bunches	coriander, leaves picked

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1860	Kj
Protein	35.1	g
Fat, total	6.5	g
-saturated	2.6	g
Carbohydrate	59.8	g
-sugars	5	g
Sodium	683	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, large saucepan, slotted spoon, medium saucepan, strainer, ladle and tongs.

1 Place the **beef stock cube**, **water**, **star anise & cinnamon stick**, **ginger**, half the **brown onion** and half the **chilli** in a large saucepan and bring to the boil. Stir to ensure that the cube has dissolved. Reduce the heat to medium and simmer for **15 minutes**, or until fragrant. Stir in the **lime juice** and **fish sauce**. Remove the ginger, star anise and cinnamon stick with a slotted spoon and discard.

Tip: Taste and adjust seasoning by adding a pinch of sugar or a splash of soy sauce if you like.

2 Meanwhile, cook the **rice stick noodles** in a medium saucepan according to the packet directions. Add the **snow peas** in the last **2 minutes** of cooking. Drain.

3 Divide noodles and snow peas between bowls. Top with the **sliced beef** and remaining onion. Ladle over the hot stock (the heat will gently cook the beef) and top with **thai basil**, **coriander** and remaining chilli.

Tip: If you're not keen on the idea of adding raw beef to your soup (even though the hot stock should cook it to perfection), you can choose to add it to the hot broth while it's still over the heat until cooked to your liking.

Did you know? Thai basil is also called "licorice basil" due to its licorice like flavour.