

# BEEF PHO

with Pak Choi and Beansprouts



A rich and flavor packed beef soup straight from Vietnam

**COOKING TIME: 30 MIN**

**CALS 396.9 | PROT 47.5G | CARBS 25.3G | FAT 11.1G**





## TIPS FOR FUSSY EATERS

Cook some noodles. Stir fry the vegetables and noodles and serve with slices of beef and a dash of soy sauce.

## PRO TIP

Pronounced as 'fuh', pho is renowned as Vietnam's most popular dish and is often enjoyed for breakfast or lunch.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Water	1L	1.5L	2L
Beef stock cube	½	¾	1
Red onion	1	2	3
Fish sauce	80ml	120ml	160ml
Garlic cloves	2	3	4
Cinnamon stick	1	1	2
Cardamom black	2	3	4
Cardamom green	2	3	4
Ginger	15g	22g	30g
Star anise	1	2	3
Carrot	2	3	3
Beef rump	350g	525g	700g
Beansprouts	100g	150g	200g
Pak choi	150g	225g	300g
Red Pepper	1	2	2
Coriander	10g	15g	20g
Red Chilli	1	2	2
Thai basil leaves	2g	3g	4g



## 1 SIMMER

Place the **water** in a saucepan and add the **beef stock cube**, **red onion** (peeled and cut in wedges), **fish sauce**, crushed **garlic**, **cinnamon stick**, **black** and **green cardamom**, **ginger** (peeled and sliced) and **star anise**. Bring to the boil and simmer for 15 minutes.



## 2 PREP THE VEGGIES

Remove the steak from the fridge to allow it to warm to room temperature. Rinse and cut the **pak choi** in half, peel the **carrots** and cut into thin strips. Rinse the **red pepper** and cut into thin strips.



## 3 ADD AND BOIL

Add the **vegetables** into the **broth** after 10 minutes of the broth boiling.



## 4 FRY

Heat a spoon of **oil** in a frying pan to high heat. Fry the **steak** to 2-3 minutes per side for a medium result. Season with **salt** and **pepper**. Once ready, remove from the pan and let it rest for 5-10 minutes.



## 5 SERVE

Pour the soup into bowls and top with **beansprouts**, chopped **coriander**, chopped **chilli** and chopped **basil leaves**. Top with the **beef** slices.

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