Rare beef vietnamese pho

Preparation time
5 minutes

Cooking time
30 minutes

Serves
2

Recipe courtesy of
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Ingredients Method Nutrition

1L beef bone broth

5 star anise

6 cardamon pods

2 tsp coriander seeds

1 Tbsp honey

1 Tbsp low sodium soy sauce (tamari if GF) bok

1 tsp fish sauce

1 tsp lime juice

2 serves (150g) of wholegrain noodles

2 handfuls bok choy

2 handfuls of spinach

2x lean eye fillets (65g each) thinly sliced

OPTIONAL TOPPINGS

Beansprouts

Thai basil

Coriander

Lemon or lime

Hoisin sauce

Sriracha or chilli

White onion (raw)

1. Place a pot over medium heat (no oil).
2. Cook udon noodles as per packet instructions.
3. In a separate medium pot, pour in bone broth and let the hardened fat melt.
4. Add in spices (star anise, cardamon, coriander) and let simmer for 5-10 minutes.
5. Add the soy, fish and lime sauce - adjusting the taste accordingly.
6. Place bok choy and spinach into the broth and let simmer for 1-2 minutes.
7. Take the both off the stove and divide evenly into 2 bowls.
8. Add the raw beef into the bowls (the heat from the broth will cook the beef as it is thinly sliced).
9. Top with toppings of your choosing.

Nutritional information is provided per serve

Engery	2370kj
Protein	52g
Saturated Fat	2g
Total Fat	14g
Carbohydrates	70g
Sugars	15g
Dietary Fibre	8g
Sodium	2796mg