



Easy Beef Pho Style Soup with udon noodles and fresh chilli pepper

Calorie Smart Quick Cook 20-25 mins • Optional spice

12



Beef Rump



Udon Noodles



Pak Choi



Beef Stock



Thai Style Spice Mix



Worcester Sauce



Basil



Onion



Chilli



Carrot



Ginger

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, lid, pot

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Udon Noodles	300 g	600 g
Pak Choi	1 unit	2 units
Beef Stock	1 sachet	2 sachets
Thai Style Spice Mix	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets
Basil	10 g	20 g
Onion	1 unit	2 units
Chilli	1 unit	2 units
Carrot	1 unit	2 units
Ginger	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	500.5 g	100 g
Energy (kJ/kcal)	2292.8 kJ/ 548 kcal	458.1 kJ/ 109.5 kcal
Fat (g)	16.6 g	3.3 g
Sat. Fat (g)	6.4 g	1.3 g
Carbohydrate (g)	62.3 g	12.4 g
Sugars (g)	10.4 g	2.1 g
Protein (g)	37.9 g	7.6 g
Salt (g)	1.9 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

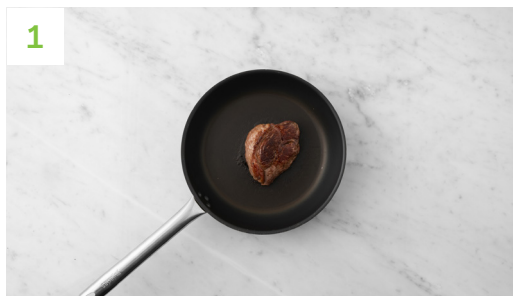
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

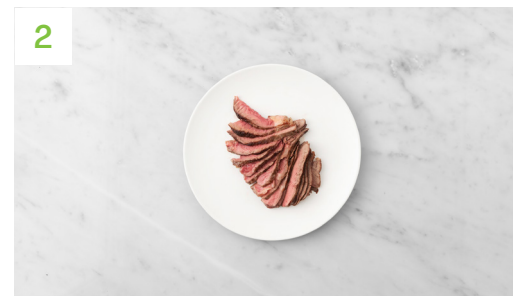


You can recycle me!



Fry the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Season the **beef** with **salt** and **pepper**.
- Once the **oil** is hot fry the **beef** until browned, 1-2 mins on each side for medium-rare.
IMPORTANT: Wash your hands and equipment after handling raw meat and its packaging.



Finish the Beef

- Cook for another 1-2 mins on each side if you want your **beef** medium.
- Cook for 1-2 mins extra on each side if you'd like it more well done.
- Once cooked, transfer to a board, cover and allow to rest. **IMPORTANT:** Meat is safe to eat when the outside is browned.
- Once the **beef** has rested for 1-2 mins, slice into thin strips.



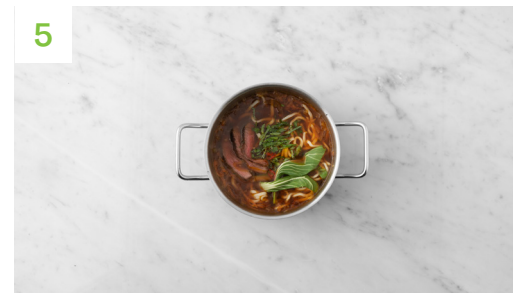
Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Trim the **pak choi**, then separate the leaves. Halve each leaf lengthways.
- Thinly slice the **chilli** widthways at an angle.
- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.



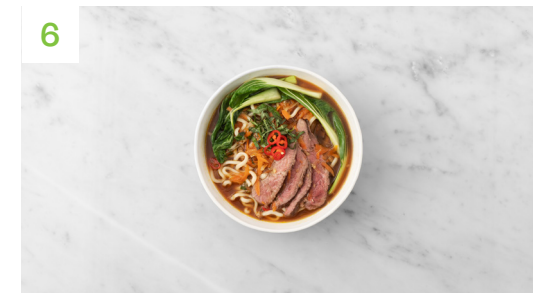
Start the Pho

- Place a large pot over medium-high heat with a drizzle of **oil** if required.
- Once hot fry the **onion**, **carrot** and **ginger** until softened, stirring occasionally, 4-5 mins.
- Add the **Thai style spice mix** and fry for 1 min more.
- Add 500ml **water** (double for 4p), **Worcester sauce** and **stock powder** to the pot then bring to the boil.



Simmer the Pho

- Roughly tear the **basil** leaves.
- Carefully separate the **noodles** and add to the **broth** with the sliced **chilli** (use less if you don't like spice), sliced **beef**, **pak choi** and torn **basil**.
- Cover and simmer for 4-6 mins.
- Season to taste with **salt** and **pepper**.



Dish Up

- Divide the fragrant pho style **beef** soup between bowls.
- Serve hot.

Enjoy!