



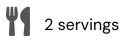


# Chicken Phở

# with Turmeric Noodles

A nourishing noodle soup dish with a fragrant broth simmered with whole spices and organic chicken stock from Urban Forager, then topped with sliced chicken, fresh bean shoots, Thai basil, chilli and lime.







# Garnish to taste!

Vary the garnishes to taste! Delicious toppings could include radishes, mint, spring onions, carrots or crispy shallots.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

52g 22g

<u>2</u>g

57g

#### FROM YOUR BOX

| GINGER              | 1 piece     |
|---------------------|-------------|
| PHỞ SPICE MIX       | 1 packet    |
| CHICKEN STOCK PASTE | 1 small jar |
| FLAT RICE NOODLES   | 1 packet    |
| LIME                | 1           |
| CHICKEN SCHNITZELS  | 300g        |
| GREEN CHILLI        | 1           |
| THAI BASIL          | 1 packet    |
| BEAN SHOOTS         | 1 bag       |
| ASIAN GREENS        | 1 bunch     |

#### FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, fish sauce (optional), sugar (or honey), ground turmeric

#### **KEY UTENSILS**

2 saucepans, frypan

#### **NOTES**

Take care not to overcook the noodles and rinse thoroughly in cold water to prevent them breaking when the broth is poured on top.

Use Asian greens to taste. They can be quite sandy so rinse well after cutting by submerging them in a bowl of water.

Pho spice mix: cinnamon quill, star anise, cloves, cardamom pods and fennel seeds.



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#### 1. SIMMER THE BROTH

Peel and grate **ginger**. Heat a large saucepan over medium-high heat. Add ginger, **Phở spice mix** and **chicken stock** paste. Pour in **1.2L water** and bring to a boil. Cover and simmer for 15 minutes.



#### 2. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and 1 tsp turmeric and cook according to packet instructions or until al-dente (see notes). Drain and rinse under cold water.



#### 3. COOK THE CHICKEN

Zest 1/2 **lime**. Heat a pan over mediumhigh heat. Coat **chicken** with **lime zest, 2 tsp soy sauce** and **1/2 tsp sugar**. Cook for 5 minutes on each side or until golden and cooked through. Set aside on a chopping board, reserve pan for step 5.



#### 4. PREPARE THE GARNISH

Meanwhile, thinly slice **chilli**. Pick **Thai basil** leaves. Wedge 1/2 lime. Set aside with **bean shoots**.



## **5. COOK THE GREENS**

Trim, quarter and rinse **Asian greens** (see notes). Wipe the frypan clean. Reheat with **oil** over medium-high heat. Add greens and cook or 2 minutes on each side or until tender to your liking. Season with **soy sauce** and **pepper**.



### 6. FINISH AND SERVE

Slice chicken and season broth with juice from 1/2 lime, 1 tsp fish (or soy) sauce and 2 tsp sugar.

Rinse noodles again and divide among bowls. Add sliced chicken, broth and garnish to taste.

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