



Product Spotlight: Cinnamon Quill

Cinnamon comes from the inner bark of a cinnamon tree and is one of the oldest known spices. It was once considered more precious than gold!



Vietnamese Pho with Tempeh Crumb

A nourishing noodle soup dish with a fragrant broth simmered with whole spices and organic umami stock from Urban Forager, then topped with a savoury tempeh crumble, fresh bean shoots, mint and lime.



25 minutes



2 servings



Plant-Based

Spice it up!

You can add some garlic and ginger to the broth as it simmers if you have them. Serve the dish with some hoisin sauce for extra depth of flavour!

Per serve: **PROTEIN** 35g **TOTAL FAT** 12g **CARBOHYDRATES** 76g

FROM YOUR BOX

RICE NOODLES	1 packet
STOCK PASTE	1 jar
STAR ANISE/CINNAMON	1 packet
MINT	1 packet
RED CHILLI	1
LIME	1
BEAN SHOOTS	1 bag
ASIAN GREENS	2 bulbs
SEASONED TEMPEH	1 packet

FROM YOUR PANTRY

oil for cooking, soy sauce or tamari, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

The noodles should be slightly undercooked and rinsed under cold water. They will continue to cook when the broth is poured over them.

The Asian greens can be quite sandy. Rinse them well after cutting them by submerging them in a bowl of water. You can blanch the greens in the simmering broth instead of charring them if preferred!



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1. COOK THE NOODLES

Bring a saucepan of water to a boil and cook **noodles** for 2 minutes, or until just tender. Drain and rinse in cold water (see notes).



2. SIMMER THE BROTH

Combine **stock paste** with 1.2 L **water** in a saucepan. Add 1/2 **tbsp** **sugar**, 2 **tbsp** **soy sauce**, **star anise** and **cinnamon** quill. Cover and bring to a boil. Reduce heat to medium and simmer for 15 minutes.



3. PREPARE THE TOPPINGS

Pick **mint** leaves, slice **chilli** and wedge 1/2 **lime**. Set aside with **bean shoots**.



4. CHAR THE GREENS

Trim and quarter **Asian greens** (see notes). Heat a frypan over high heat with **oil**. Cook greens for 1 minute each side. Set aside and keep pan on heat.



5. WARM THE TEMPEH

Crumble the **tempeh** and add to pan with **oil**. Cook for 5 minutes until warmed through.



6. FINISH AND SERVE

Season broth with juice of 1/2 **lime** and **soy sauce** to taste. Divide among bowls with noodles. Top with even amount of toppings, Asian greens and tempeh. Serve with lime wedges.

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