



**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 Tempah 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 tempah crumble, fresh bean shoots, mint and lime.



25 minutes



4 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	TOTAL FAT	CARBOHYDRATES
	22g	8g	56g

## FROM YOUR BOX

RICE NOODLES	2 packets
STOCK PASTE	2 jars
STAR ANISE/CINNAMON	1 packet
RADISHES	1 bunch
MINT	1 packet
RED CHILLI	1
LIME	1
BEAN SHOOTS	1 bag
ASIAN GREENS	3 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!



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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 **1.75 L water** in a saucepan. Add **1 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

Trim and slice **radishes** (use to taste). 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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