



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	13g/18g	6g/9g	68g/62g

FROM YOUR BOX

	4 PERSON	6 PERSON
RICE VERMICELLI NOODLES	300g	300g + 150g
UMAMI STOCK PASTE	2 jars	2 jars
STAR ANISE/ CINNAMON	1 packet	2 packets
RADISHES	1 bunch	1 bunch
MINT	1 packet	1 packet
RED CHILLI	1	1
LIME	1	2
BEAN SHOOTS	1 bag	1 bag
ASIAN GREENS	1 bunch	1 bunch
SEASONED TEMPEH	1 packet	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan x 2

NOTES

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** according to packet instructions or until tender. Drain and rinse in cold water.



2. SIMMER THE BROTH

Combine **stock paste** with **1.75L 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.

6P – use 2L water and add 2 tbsp sugar, 3 tbsp soy sauce.



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**.

6P – wedge 1 lime.



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**, **toppings**, **Asian greens** and **tempeh**. Serve with **lime wedges**.

6P – season broth with juice from 1 lime.

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