



VIETNAMESE-STYLE BEEF BROTH

with Kaffir Lime & Udon Noodles



Make a Vietnamese style broth



Garlic



Beef Rump



Brown Onion



Ginger



Carrot



Asian Greens



Oyster Sauce



Beef Stock



Kaffir Lime Leaves



Udon Noodles



Coriander

Hands-on: **20 mins**
Ready in: **35 mins**

Low calorie

Whip up a faux pho at home, with this light and fragrant beef broth topped with noodles and sliced beef. The aromatic flavours come together to create a fresh take on soup – just right for the mild spring weather.

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large deep frying pan** with a **lid**.



1 FLAVOUR THE BEEF

Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine **1/2** the garlic, **1/2** the **soy sauce**, a **drizzle** of **olive oil** and a **pinch** of **pepper**. Slice each **beef rump** in half to get 1 steak per person. Add the beef rump steaks to the garlic soy marinade and toss to coat. Set aside.



2 GET PREPPED

Bring a medium saucepan of water to the boil. Finely chop the **brown onion** (see ingredients list). Finely grate the **ginger**. Cut the **carrot** (unpeeled) into 0.5cm half moons. Roughly chop the **Asian greens**.



3 BROWN THE BEEF

In a large, deep frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef rump** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. **TIP:** *This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.*



4 SIMMER THE BROTH

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion**, **ginger** and the **remaining garlic**. Cook, stirring, for **3-4 minutes** or until softened and fragrant. Add the **warm water**, **carrot**, **oyster sauce** (see ingredients list), any **steak resting juices**, the **remaining soy sauce** and crumble in the **beef stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Add the **kaffir lime leaves** and bring to a boil. Reduce the heat to low, cover with a lid and simmer for **10 minutes**, or until fragrant. Add the **Asian greens** and cook for **1-2 minutes**, or until just tender.



5 COOK THE NOODLES

While the broth is simmering, add the **udon noodles** (see ingredients list) to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. Drain and refresh under cold water. Roughly chop the **coriander**.



6 SERVE UP

Remove the kaffir lime leaves from the broth. Slice the beef. Divide the noodles between bowls and ladle over the broth. Top with the sliced beef and garnish with the coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
soy sauce*	1 tbs	2 tbs
beef rump	1 packet	1 packet
brown onion	1/2	1
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 bunch	2 bunches
warm water*	2 cups	4 cups
oyster sauce	1/2 tub (25 g)	1 tub (50 g)
beef stock	1/2 cube	1 cube
kaffir lime leaves	2 leaves	4 leaves
udon noodles	1/2 packet	1 packet
coriander	1 bunch	1 bunch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2080kJ (498Cal)	497kJ (119Cal)
Protein (g)	40.9g	9.8g
Fat, total (g)	8.1g	1.9g
- saturated (g)	3.0g	0.7g
Carbohydrate (g)	61.2g	14.6g
- sugars (g)	9.7g	2.3g
Sodium (g)	2680mg	641mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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