



# UCCOOK

## Pho-style Broth & Beef Fillet

with fresh coriander & pak choi

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Waterford Estate | Waterford The Library  
Collection Spring Shiraz 2017

Nutritional Info	Per 100g	Per Portion
Energy	455kJ	2371kJ
Energy	109kcal	567kcal
Protein	8.4g	44g
Carbs	13g	68g
of which sugars	1.8g	9.6g
Fibre	1g	5.1g
Fat	2.2g	11.6g
of which saturated	0.2g	1.1g
Sodium	322mg	1679mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Sesame,  
Wheat, Sulphites, Fish, Soy, Shellfish

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
30g	40g	Fresh Ginger <i>peel &amp; cut into bite-sized chunks</i>
15ml	20ml	NOMU Oriental Rub
60ml	80ml	Soy Mix <i>(30ml [40ml] Low Sodium Soy Sauce &amp; 30ml [40ml] Fish Sauce)</i>
15ml	20ml	Beef Stock
3 cakes	4 cakes	Egg Noodles
300g	400g	Pak Choi <i>trim at the base</i>
450g	600g	Beef Fillet
2	2	Fresh Chillies <i>rinse, trim, deseed &amp; roughly chop</i>
8g	10g	Fresh Coriander <i>rinse &amp; pick</i>
30ml	40ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Sugar/Sweetener/Honey  
Butter  
Seasoning (salt & pepper)

**1. HEY, CHAR UP!** Preheat the oven to the grill setting or the highest temperature. Boil a full kettle. Place the onion and the ginger on a roasting tray and pop in the hot oven, directly below the grill. Grill until charred and starting to blacken, 10-15 minutes (flipping halfway). Remove from the oven and carefully peel off any overly charred or blackened spots.

**2. BEEF BROTH** Place the NOMU rub in a pot over medium heat. Toast until fragrant 1-2 minutes (shifting constantly). Add 1.2L [1.6L] of boiling water, the soy mix, the charred onion, the ginger, and the stock. Mix until fully combined and reduce the heat. Leave to simmer until slightly reduced, 10-12 minutes (stirring occasionally). Strain the broth through a sieve or colander. Return the strained broth to the pot, season (if necessary), and add a sweetener (to taste). Cover to keep warm. Place over a low heat if it cools down too much before serving.

**3. EGG NOODS** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and toss through a drizzle of olive oil to prevent sticking.

**4. PAK CHOI** Separate the leaves of the trimmed pak choi and rinse well. Slice in half lengthways. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved pak choi leaves until slightly wilted, 1-2 minutes. Remove from the pan and season.

**5. FILL IT** Return the pan to medium-high heat with a drizzle of oil. Pat the fillet dry with a paper towel. Sear the fillet until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**6. LET'S EAT!** Bowl up the noodles. Pour over the tasty broth. Top with the pak choi and the tender beef slices. Sprinkle over the chopped chilli (to taste) and the picked coriander. Drizzle over the lemon juice (to taste). Great work, Chef!