



# UCOOK

## Pho-style Broth & Beef Fillet

**with fresh coriander & pak choi**

A beautiful beef broth made with oven-grilled onion, charred ginger, fish sauce, and soy sauce is loaded with egg noodles and topped with wilted pak choi and tender beef fillet slices. Finished off with coriander, chilli, and a drizzle of lemon juice. Delicious!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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Adventurous Foodie

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

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

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey  
Butter

**1. HEY, CHAR UP!** Preheat the oven to the grill setting or the highest temperature. Boil a full kettle. Place the onion wedges and the ginger chunks 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 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, 6-7 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. 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. When hot, 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!



## Chef's Tip

A traditional way of eating this meal is to pop the beef in the freezer for 15 minutes, thinly slice, place it in your serving bowl, and let the hot broth cook it!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 455kj   |
| Energy             | 109kcal |
| Protein            | 8.4g    |
| Carbs              | 13g     |
| of which sugars    | 1.8g    |
| Fibre              | 1g      |
| Fat                | 2.2g    |
| of which saturated | 0.2g    |
| Sodium             | 322mg   |

## Allergens

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

Eat  
Within  
4 Days