



More Than Food
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Vietnamese Pho with Cavolo Nero and Cashews

When Andre cooked up this delicious Pho at The Fresh Farm, it got straight 10s and we couldn't stop raving about it for weeks! It's healthy, full of subtle flavours, and packed with veggies and different textures ... it's a winner!

35 mins

veggie

spicy

vegan

healthy



Vermicelli Noodles
(½ pack)



Chestnut Mushrooms
(1 punnet)



Garlic Clove (1)



Ginger (1½ tbsp)



Cavolo Nero
(1 pack)



Spring Onion (3)



Coriander
(1 bunch)



Red Curry Paste
(½ tbsp)



Vegetable Stock
Pot (1)



Star Anise (1)



Water (750ml)



Cashew Nuts
(25g)




Lime (1)



Soy Sauce
(1½ tbsp)

2 PEOPLE INGREDIENTS

- Vermicelli Noodles **½ pack**
- Chestnut Mushrooms, quartered **1 punnet**
- Garlic Clove, grated **1**
- Ginger, grated **1½ tbsp**
- Cavolo Nero, sliced **1 pack**
- Spring Onion, sliced **3**
- Coriander, chopped **1 bunch**
- Red Curry Paste **½ tbsp**
- Vegetable Stock Pot **1**
- Star Anise **1**
- Water **750ml**
- Cashew Nuts, chopped **25g**
- Lime **1**
- Soy Sauce **1½ tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Pho is derived from the French 'pot-au-feu' which literally means pot on the fire!

Red Curry Paste Ingredients: Glucose Syrup, Water, Spices (Garlic, Coriander, Paprika, Chilli), Vegetable Oil, Salt, Lime Juice Powder, Sugar, Tomato Powder, Onion Extract, Red Cabbage Extract.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder, Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.

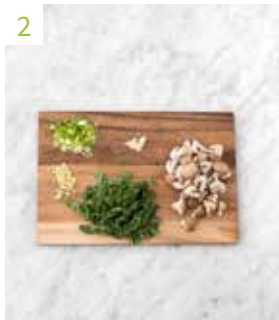
Allergens: Celery, Sulphites, Nut, Soya, Gluten.

Nutrition as per prepared and listed ingredients

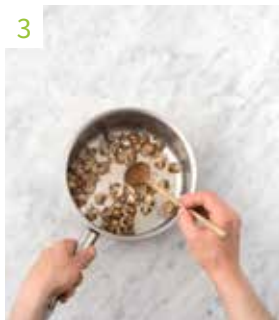
	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	435 kcal / 1822 kJ	8 g	2 g	78 g	9 g	13 g	4 g
Per 100g	144 kcal / 603 kJ	3 g	1 g	26 g	3 g	4 g	1 g



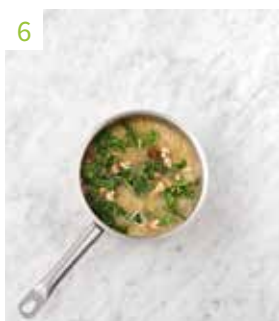
1 Pop the kettle on to boil. Put the **vermicelli noodles** in a heatproof bowl and cover the **noodles** with boiling water, make sure they are fully submerged. Leave the **noodles** to soak in the boiling water uncovered for 8 mins. After 8 mins, check the **noodles** are tender and then drain them into a colander. **Tip:** Give them another minute if they need a bit more cooking. Once cooked, return your **noodles** to the bowl and submerge in cold water to stop them cooking any more.



2 While your **noodles** are soaking, get on with the veg prep. Quarter the **chestnut mushrooms**. Peel and grate the **garlic** and **ginger**. Slice the **cavolo nero** widthways into 1cm strips. Remove the roots from the **spring onion** and then slice as thinly as you can. Roughly chop the **coriander**.



3 With all your veg prep done, get on with making your broth. Heat a deep saucepan or wok over medium-high heat and add a splash of **oil**. When the **oil** is hot, add your **mushrooms** and cook for 5 mins or until they are nicely browned. Add your **garlic** and **ginger** and cook for 1 minute more.



4 Add the **red curry paste**, **vegetable stock pot** and the **star anise** along with the **water** (specified in the ingredient table). Bring the **stock** to the boil and stir well to dissolve your **curry paste** and **vegetable stock pot**. **Tip:** This is the base of your Pho! Once boiling, reduce the heat to low and add your **cavolo nero**. Simmer for 4 mins.

5 Whilst your broth bubbles away, smash the **cashew nuts** with the bottom of a pan. **Tip:** You can leave the cashews in the sachet we gave you! Simply pierce a few times with a fork or knife before smashing with a pan. **Tip:** Don't crush the cashews to a powder, just into smaller pieces.

6 After 4 mins, taste your **broth** and make sure that your **cavolo nero** is soft and tender. Add your **noodles** to the pan and warm them through for 1 minute. Season your **broth** with a squeeze of **lime juice**, the **soy sauce** and chopped **coriander**. Your Pho is done!

7 Ladle your **Pho** into deep bowls making sure you share your **noodles** and **veggies** out evenly. Sprinkle over your crushed **cashews** and chopped **spring onion** ... sluuurp!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!