THE LIGHTER PLATE METHOD

Beef Pho with Rice Noodles

A fragrant star-anise broth poured over paper-thin beef — cooks the meat right at the table.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**25 min**	**40 min**	**4**	**EASY**

Ingredients

- 1.2 litres beef stock
- 2 star anise
- 1 cinnamon stick
- 4 cm piece fresh root ginger (sliced)
- 300 g rice noodles
- 300 g sirloin steak (very thinly sliced)
- 100 g beansprouts
- 1 large handful fresh mint and coriander
- 1 lime (cut into wedges)

Method

1. Simmer the stock with the star anise, cinnamon and ginger for 20 minutes to infuse, then strain and keep hot.
2. Cook the rice noodles according to the pack instructions and divide between four bowls.
3. Arrange the raw sliced beef and beansprouts over the noodles.
4. Ladle the very hot broth directly over the top — it will cook the beef instantly.
5. Finish with herbs and a squeeze of lime.

Tips & swaps

- Slice the beef as thinly as you possibly can, or freeze it for 20 minutes first to make slicing easier.
- The broth must be at a rolling simmer when poured, or the beef won't cook through.

Storage & reheating

The broth keeps for 3 days in the fridge; assemble bowls fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**28g**	**50g**	**6g**	**2g**

Estimated values, for guidance only.