



APR 2017

Vietnamese Pho

with Kale and Enoki Mushrooms

Our version of the classic Vietnamese rice noodle soup includes delicious enoki mushrooms and fibre-rich kale! Ginger and Thai basil create a fragrant slurp-worthy broth and the carrot ribbons add a splash of colour.

Prep 30 min

Veggie



Rice Noodles



Enoki Mushrooms



Kale



Green Onions



Ginger



Thai Basil



Lime



Carrot



Sriracha




Soy Sauce



Veggie Pho Broth Concentrate

Ingredients

	2 People	4 People
Rice Noodles	1 pkg (150 g)	2 pkg (300 g)
Enoki Mushrooms	1 pkg (113 g)	2 pkg (227 g)
Kale, chopped	1 pkg (56 g)	2 pkg (113 g)
Green Onions	2	4
Ginger	30 g	60 g
Thai Basil	1 pkg (10 g)	1 pkg (10 g)
Lime	1	2
Carrot	1	2
Sriracha 	1)	1 pkg (1 tsp)
Soy Sauce	2) 3)	1 pkg (1 tbsp)
Veggie Pho Broth Concentrate	2 pkg	4 pkg

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Wheat/Blé
- 3) Soy/Soja

Tools

Large Pot, Strainer, Measuring Cups

Ruler

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Nutrition per person Calories: 386 cal | Fat: 1 g | Protein: 9 g | Carbs: 85 g | Fibre: 5 g | Sodium: 1231 mg

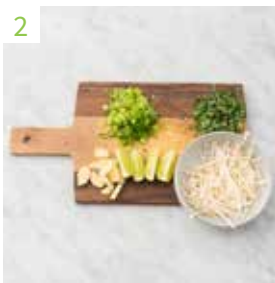
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Cook the noodles: Bring a large pot of **salted water** to a boil over medium. **Wash and dry all produce.** Add the **rice noodles** to the boiling water. Cook, stirring occasionally, until the rice noodles are tender, 10-12 min.

2



2 Prep: Meanwhile, cut and discard the bottom inch of the **enoki mushrooms**. Thinly slice the **green onions**. Cut the **ginger** lengthwise into 1/4-inch slices. Cut the **lime(s)** into wedges. Coarsely chop the **Thai basil leaves**. (Save the stems for the broth!) Peel the **carrot(s)** into ribbons.

5



3 Drain and rinse the **noodles** under cold water. (**TIP:** Rinsing the noodles under cold water will help keep them from sticking to each other!) Set the noodles aside in a bowl with cold water.

4 Make the pho: Add **6 cups water** (double for 4 people) to the same pot. Add the **ginger, Thai basil stems, broth concentrates** and **soy sauce**. Bring to a boil.

5 Add the **kale, enoki mushrooms** and **carrot ribbons**. Simmer until the kale wilts, 2-3 min.

6 Finish and serve: Remove the **ginger** and **basil stems** from the **broth**. Divide the **noodles** between bowls and top with the hot pho broth. Sprinkle with **green onions** and **basil**. Stir in as much **sriracha** as you like. Serve with a **lime wedge** to squeeze over top, if desired, and enjoy!

DID YOU KNOW? Mushrooms are more closely related to humans than to plants! Like animals, they breathe oxygen and emit carbon dioxide. Enoki mushrooms are commonly used in Asian cooking and are revered for their many health benefits.

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