

Quick vietnamese pho soup



45 min. 165 kcal SteviaSweet Crystal

Preparation

Boil the stock and add the cloves of garlic, cinnamon sticks, star anises, and peppercorns. Leave the broth to simmer for half an hour and spice up with the fish sauce and [SteviaSweet Crystal](#).

Cut the beef into small slices. Place the beef in the broth and boil for a few minutes. Cook the rice noodles separately following the instructions. Remove the beef from the broth and place in bowls with the noodles, shoots and hot broth. Serve with green onion, chilli, herbs and lime.

Ingredients for 4 servings

1l	low-salt stock
2	whole cloves of garlic
2	star anises
1	cinnamon stick
2	black peppercorns
1 1/2 tbsp	fish sauce
12 g	SteviaSweet Crystal
200 g	beef
100 g	rice noodles

To serve

Spring onion rings
Fresh chilli
Fresh coriander, basil and mint
Lime slices

Nutritional information per portion

165	kcal
693	kJ
14	g Protein
20	g Carbohydrates
3	g Fat