

Citrus Herb Pho

Ingredients: Serves 4

1 pack rice noodles or buckwheat noodles or make your own egg noodles
1 green courgette - peeled into thin strips with a veg peeler
1 carrot, skinned then peeled into thin strips
1 small sweet potato, as above
1 bunch spring onions, roughly shredded
1 bunch each of coriander leaf, mint, Thai basil or basil, flat leaf parsley, roughly chopped
Handful baby spinach, roughly chopped
3 limes, 2 halved, 1 cut into quarters
1 orange
1/2 grapefruit
1 thumb sized piece root ginger, peeled
1-2 jalapeños (depending on desired heat)
2 banana shallot, sliced in half lengthwise
1 tsp each of coriander seed, cumin seed, black onion seed, black sesame seed, ground turmeric
Sea salt
1 vegetable stock cube
2 litres water
2 tbsp rapeseed oil

Method:

- Heat a dry saucepan to medium.
- Slice 1 lime, orange and grapefruit in half.
- Char the grapefruit, orange, limes, ginger, jalapeños and shallots in the pan until their bases are blackened.
- Add the rapeseed oil and spices and cook for 2 minutes.
- With a wooden spoon, squeeze the juice out of the fruit.
- Allow to cook for 2 minutes.
- Add the water, stock cube and 1 tsp sea salt and bring to a simmer.
- Cook for 5-20 minutes depending on how intense you want the broth.
- Taste and season if necessary.
- Remove the fruit, shallots, ginger and jalapeños, allow to cool, shred the vegetables, add to the pot and squeeze any remaining juice into the broth.
- Bring to a boil then add the noodles and vegetables
- Reduce to a simmer and cook for 3-5 minutes max.
- Divide between 4 bowls, top with chopped herbs, spinach, spring onion and lime quarters.
- You can make the broth in advance and in large quantities and store in the fridge or freezer.
- The broth will keep in the fridge for 4 days and in the freezer for up to 3 months.