



California Vegan 'Pho' with Kohlrabi Noodles and BROCCOLINI® baby broccoli

Servings

5

Calories

290

Prep Time

15 minutes

Total Time

50 minutes

Skill Level

Medium

Ingredients

- 1 carrot, rough chopped
- 1 leek, wash and dice
- 3 ounces shiitake mushroom stems
- 1 ½ ounces ginger root, shaved
- 3 garlic cloves, minced
- 2 tablespoons vegetable oil
- ½ serrano chili pepper, diced
- 1 star anise
- 2 tablespoons Hoisin sauce
- 3 quarts vegetable broth (chicken broth can be used)



For Vegetables

- 1 Jumbo Kohlrabi from Mann's (see note)
- 1 bunch Mann's BROCCOLINI® baby broccoli (about 9 stalks), trimmed
- 1 red bell pepper
- ½ ounce bean sprouts
- 8 ounces tofu, extra firm
- 1 carrot, cut rounds
- 1 leek-white, cut rounds
- 3 shiitake mushroom caps
- 4 cilantro sprigs
- 4 mint sprigs
- Salt & pepper, to taste



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The Method

For broth:

In a large pot, add the oil and sauté carrot and leek on medium to high heat until lightly browned. Turn heat down to medium and add mushroom stems, ginger, garlic, pepper and star anise. Sauté without color (approx. 5 mins). Add vegetable broth and hoisin sauce. Simmer for 20 minutes. Strain and reserve (can be made the day before).

For vegetables:

Prepare the Kohlrabi noodles (see note). Individually cook the BROCCOLINI® baby broccoli, carrots, peppers, leeks and mushrooms in the broth approximately 3 minutes each. Bring the broth to a simmer and check seasoning.

Arrange the cooked vegetables in 4 serving bowls. Add tofu and kohlrabi to the bowls. Ladle the hot broth over the vegetables, and garnish with fresh cilantro, mint and beansprouts.

Note: To make vegetable noodles, chef recommends the 'Benriner Cook Helper Slicer' available online or from premium kitchen stores.

Prepared by: Chef Tony Baker for Mann Packing Co.

Nutrition Facts

Serving Size: 920g | Servings: 5

Amount Per Serving

Calories 290 | Total Fat 11g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 1770mg | Total Carbohydrate 40g | Dietary Fiber 10g | Sugars 15g | Protein 14g | Vitamin D 0% | Calcium 35% | Iron 30% | Potassium 25%