

Gluten Free Pho

From Freefromg.com

Ingredients:

1 Scotch Bonnet Chilli
2 Large Spring Onions
6 Tablespoons Squid Brand Fish Sauce (or other gluten free brand)
1 Tablespoon Coriander Seeds
1 Teaspoon Ground Ginger
Juice of 2 Limes
1 Lemongrass Stalk
1 Clove of Garlic
2 Knorr Chicken Stock Pots (or other gluten free chicken stock)
800ml Water
1 Tablespoon Peanut or Groundnut Oil
100g Rice Noodles (we use a brand called Thai Taste from Tesco)
180g Bean Sprouts

Optional:

1 Chicken Breast
or
10 King Prawns

Directions:

- Cut the fuzzy tops off of the spring onions and remove the outer layer, cut into batons then into thin strips
- Remove the stalk from the chilli cut in half, de-seed and slice into strips
- Cut the top off the thick end of the lemongrass and any dried out portion of the other end, cut into batons then strips
- Peel the garlic
- Juice the limes
- Crush the coriander seeds (we use a pestle and mortar)
- Heat the oil on high in a suitably sized saucepan
- Put the spring onions, lemongrass, chilli into the pan and add the ground ginger and crushed coriander seeds

- Mince the garlic directly into the pan
- Fry for a couple of minutes stirring every so often until you can smell all the flavours
- Add the water, stock pots, lime juice and fish sauce, stir
- Bring to the boil then lower the heat to a slow simmer and cover
- Simmer for 40 minutes then add the bean sprouts, cover
- Soak the rice noodles in boiling water for 8 minutes (the packaging usually says 10 or more but they get too soft for this in that duration)
- Drain and rinse the rice noodles under cold water, drain again
- 2 minutes prior to serving, add the rice noodles and stir into the pho

If you're going to use Chicken, slice the breast into equal sized thin strips (about 2cm thick) and add to the Pho 10 minutes prior to serving to poach.

For King Prawns, [devein](#) and add 3 minutes before serving.