

MAJOR & MORSEL

FOOD CO.....

QUICK, VEGETABLE & BEEF, ASIAN-INSPIRED SOUP

Serves 2

This is a very tasty and quick soup to make; hopefully you'll find that you have a lot of these ingredients at home, which makes this recipe perfect for a last-minute mid-week dinner (with leftovers for lunch!).

Feel free to treat this as a "base recipe" to introduce you to these flavours in your own kitchen – don't be afraid to add more of this or that if you know you like things spicier or sweeter!

According to your preferences and dietary requirement, add, exclude or substitute the noodles and meat; also, use other vegetables that you enjoy eating or have rolling around in your fridge. **Experiment & enjoy!**



THIS RECIPE HAS BEEN PREPARED & TRIALED BY US AT MAJOR & MORSEL FOOD CO!
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UTENSILS

1 med sized pot (for the soup)
1 sml sized bowl (for the noodles)
Kettle
Ladle
Stirring spoon
Peeler or mandolin
Chopping board
Large, sharp knife
Strainer

INGREDIENTS: SOUP

1 smll onion, sliced
1 med garlic clove, sliced
2 tbsp olive oil
½ red chili, sliced (deseeded if you can't stand the heat)
4 cm of peeled ginger, finely sliced
1 L of water, boiled
2 beef stock cubes
1 tbsp Worcestershire sauce
2 tbsp soy sauce
1 handful of mint leaves, shredded
2 sml bok choy, roughly chopped
200 gm eye fillet beef, thinly sliced (tips below)

INGREDIENTS: SERVING

1 zucchini, ribboned (use peeler or mandolin)
1 large carrot, peeled & ribboned (use peeler or mandolin)
Squeeze of lime for an extra hit of freshness
A few mint leaves
220 gm noodles of your choice
- We've used udon noodles, however you can use hokkien, rice or whichever you prefer. If you're making this sans noodles, add more vegetables to your soup to fill you up properly.

10 STEPS & YOU'RE DONE!

1. Place all ingredients onto your bench.
2. Boil the water in the kettle.
3. Put the pot onto a low heat and add olive oil.
4. Slice the onion and garlic and add to the hot oil; cook for 10 minutes or until slightly coloured.
5. While the onion is softening, prepare the vegetables:
 - ▽ With a peeler, make carrot and zucchini ribbons by dragging the peeler across the vegetable away from you (the same way as when you peel off the first layer). Continue ribboning until there is almost no carrot and zucchini left.
 - ▽ Wash and chop the bok choy.
 - ▽ Slice the chili and ginger.
6. Add chili, ginger, stock cubes and boiled water to your onion and garlic mix; stir and let the soup simmer for 5 minutes.
7. Cook your noodles as per the instructions on the packet; once cooked, strain and set aside.
8. Slice the beef:
 - ▽ If your meat is frozen: defrost to about ½-way through; this keeps the meat 'together' better for ease when cutting thin slices.
 - ▽ If your meat is fresh: slice it into a normal sized steak (if you're using rump) and flatten slightly with a meat tenderizer; cover in plastic wrap and place into the freezer for about 20 minutes - this creates a similar effect to using the ½-way defrosted meat. Remove from freezer, unwrap and slice thinly.
9. Add the Worcestershire and soy sauce
10. Taste your soup to adjust the flavours if necessary.
 - ▽ If the soup is too spicy for your liking, add a ¼ tsp of brown sugar to bring the heat down a notch.
11. Turn the heat off and add the bok choy & beef; let it sit in the pot for about 5 minutes.
 - ▽ If you prefer your meat well-cooked or if you've sliced it up a bit thicker, add the beef to the soup while the heat is still on and add the bok choy once you've turned off the heat.

PLATING UP (AND THEN YOU'RE REALLY DONE!)

1. Place your desired amount of noodles, carrot and zucchini into the bowl.
2. Scoop out some of the bok choy and meat and place it over the top of the vegetables.
3. Pour the soup over the top so it just covers everything in your bowl.
4. Let the soup sit for a few minutes if you prefer less crunch to your carrot and zucchini, and then add the fresh mint and a squeeze of lime. Otherwise, just add the carrot, zucchini and top with some fresh mint and a squeeze of lime & enjoy straight away 😊

WE WANT TO SEE WHAT YOU'VE COOKED!
POST A PIC OF YOUR PLATED-UP SOUP ON INSTAGRAM & FACEBOOK
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