

Spicy Beef Noodle Soup (?????)

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-spicy-beef-noodle-soup-vietnamese-recipe>

Ingredients:

- 1 1/3 pounds beef cut in cubes
- 2 tablespoons cooking oil
- 4 cloves garlic minced
- 3 tablespoons bean paste Sichuan chilli, see note 1
- 1/2 teaspoon chilli powder optional
- 6 1/3 cups hot water
- 1 ginger thumb-sized
- 2 stalks spring onion cut in sections
- 1 bay leaf
- 1 anise star-
- 1 piece chinese cinnamon cassia cinnamon
- 10 Sichuan pepper
- 1 pinch fennel seeds
- 1/2 teaspoon sugar
- 4 noodles portions, see note 2
- spinach or pak choi / bok choy
- fresh coriander chopped

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 105 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 10 grams
8. Sodium: 330 milligrams
9. Sugar: 4 grams

10. TransFat: 1.5 grams

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