

# **Freestyle Fish Pho with Buckwheat Noodles**

From OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/soups-starters/freestyle-fish-pho-with-buckwheat-noodles>

## **Ingredients**

- 1/4 lb. buckwheat noodles
- 4 cups vegetable stock
- 2 Tbsp. lemongrass
- 6 oz. sea bass (or fish of choice)
- 4 bok choy, halved
- 4 shiitake mushrooms, sliced
- 1/4 bunch yellow chives, sliced
- 1/2 cup pressed five-spice tofu
- 1 Tbsp. scallions, sliced
- 6 leaves Thai basil, sliced

## **Instructions**

1. Cook buckwheat noodles in boiling water for 5 minutes. Strain and shock in cold water. Set aside. (Noodles will be rewarmed just before serving)
2. To poach the fish, bring vegetable stock to boil, add lemongrass, lower heat and simmer for 15 minutes. Add fish, return stock to a simmer, and poach for 5 minutes. Remove fish from pot and set aside
3. To cook vegetables and tofu, add shiitake mushrooms, bok choy, yellow chives and tofu to the vegetable stock and cook for 3 minutes at a boil. Remove and place in serving bowl.
4. Reheat cooked buckwheat noodles in vegetable stock for 1-2 minutes. While the stock reheats, portion the buckwheat noodles into two bowls or plates. Add the fish. Ladle hot vegetable stock over noodles and fish. Garnish with scallions and Thai basil.

**Makes 2 servings.      Nutrition information per serving:**

Calories: 430	Dietary Fiber: 7 g
Total Fat: 8 g	Sodium: 370 mg
Saturated Fat: 1 g	Protein: 33 g
Cholesterol:	Carbohydrates: 55 g

