
Vietnamese Style BBQ Pork Patties

Description

I could eat this everyday – it's light and refreshing, and the flavors are so intensely satisfying. Also, since it's relatively healthy, there's no guilt!

Total time: 50 min Yield: 4 Servings

Ingredients

1 lb ground pork
1" piece of ginger (minced)
2 clove garlic (finely chopped)
3 Tbsp sweet chili spring roll dipping sauce
1/4 cup water chestnuts (minced)
1 Tbsp green onion (finely sliced)
3 Tbsp fresh cilantro (chopped)
cooking spray
6 oz vermicelli rice noodles (can substitute with somen noodle)
1 medium Japanese cucumber (halved lengthwise & sliced thin on the diagonal)
2 shallots (peeled and thinly sliced)
1/2 cup fresh mint leaves
3 Tbsp Asian fish sauce
4 Tbsp fresh lime juice
1 tsp light brown sugar
1/2 cup water
drizzle of sweet chili dipping sauce
grated carrot

Prep Time: 50 min Total Time: 50 min

Instructions

Preheat oven to 350° F. In a mixing bowl, combine the pork, ginger, garlic, chili dipping sauce, water chestnuts, green onion, and cilantro and blend thoroughly by folding the ingredients into each other. Prepare a baking sheet with cooking spray. Using your hands, pinch off a walnut-size bit of the pork mixture and roll into a meatball shape and place on the baking sheet. Repeat until all the mixture is used up and bake in the oven for about 20 minutes or until golden brown.

While the pork balls cook, prepare you noodles according to package directions. Drain in a colander, rinse with cold water and set aside. Make the dressing by combining all the ingredients (Asian fish sauce, fresh lime juice, light brown sugar, water, drizzle of sweet chili dipping sauce, grated carrot).

Divide the noodles, cucumber, shallots and mint leaves into four bowls and top with a few pork patties. Drizzle on some of the dressing – healthy, refreshing, and delicious!

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai