
Vietnamese-Style Pork Pattie Pita Sandwiches

Total time: 1 hr 25 min Yield: 4 Servings

Ingredients

1 lb ground pork
1 pieces ginger (minced)
2 clove garlic (finely chopped)
7 Tbsp sweet chili sauce
1/4 cup water chestnuts (minced)
5 Tbsp green onion (finely sliced)
3 Tbsp fresh parsley (chopped)
cooking spray
1/2 cup fat free plain green yogurt
1/4 cup mayonnaise
1 tsp Sriracha hot sauce (optional)
6 whole wheat pita pockets
1 medium Japanese cucumber (halved lengthwise & sliced thin on the diagonal)
1 cup cabbage (shredded)
1/2 cup fresh mint leaves
2 shallots (peeled and thinly sliced)

Prep Time: 50 min Cooking Time: 35 min Total Time: 1 hr 25 min

Instructions

In a mixing bowl, combine the pork, ginger, garlic, 7 tbsp. sweet chili sauce, water chestnuts, 1 tbsp. green onion, parsley and thoroughly fold the ingredients into each other.

Preheat oven to 350 degrees and prepare a baking pan with cooking spray. Wash your hands and use a spoon to scoop pork mixture from the bowl. Using your hands, pinch off a walnut-size portion of mixture, shape into a small patty and place on the baking pan. Repeat

until all of the mixture is used up, then bake in the oven for about 15 minutes, flip the patties over and continue cooking for 10 minutes or until golden brown, then let cool.

Prepare the dressing in a second mixing bowl by mixing together the Greek yogurt, mayonnaise, sriracha (optional), 2 tbsp. sweet chili sauce and 4 tbsp. green onion. Begin assembling sandwiches by filling each pita pocket with some cabbage and a couple pork patties. Using a spoon, drizzle a little dressing onto the pork patties. Top with some cucumber, mint leaves, and shallots. This is healthy, refreshing AND delicious!

Recipe brought to you by:

Chef Michi Holland