



Banh Mi with Ginger Pork

A take on the Vietnamese sandwich, this recipe uses whole wheat baguette

Ingredients

U.S.

Metric

Rub

1/4 cup	Ginger, minced	56.7 g
1/4 tsp	Honey	1.25 ml
1/4 tsp	Fish Sauce	1.25 ml
3 each	Garlic, minced	3 each
1 Tbsp	Peanut Oil	15 ml
1/2 tsp	Sweet Soy Sauce	2.5 ml
1 Tbsp	Toasted Sesame Oil	15 ml

Sandwich

1 pound	Boneless Pork Butt, cut into 6 mm thick slices, 20 cm long by 1.2 cm wide, pounded lightly.	.45 kg
2 each	Whole Wheat Baguette, sliced lengthwise and toasted	2 each
1/2 cup	Pickled Vegetables (See Recipe)	77.5 g
2.5 each	Jalapeno, deseeded and sliced	2.5 each
1 Tbsp	Mayonnaise, Low Fat	15 ml
1/4 cup	Cilantro, leaves only	38.75 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat grill.
3. Combine ingredients of the rub in a small bowl and spread over the pork slices. Let sit for 15 mins.
4. Grill the pork until nicely charred and cooked to 155 °F, about 5-7 mins a side. Remove and allow to rest for 5 minutes
5. Assemble sandwiches by spreading mayonnaise thinly on the toasted baguettes, followed by the pork, sliced jalapenos, 118.29 ml pickles, and cilantro. Cut into five or six sandwiches.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/5 sandwich
Servings	5
Calories	290
Calories from Fat	90
Total Fat	10 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	30 mg
Sodium	450 mg
Carbohydrates	37 g
Dietary Fiber	5 g
Sugars	8 g
Protein	16 g
Vitamin A	80 %
Calcium	4 %
Vitamin C	45 %
Iron	6 %
Phosphorus	124 mg
