



Quick Pickled Vegetable

A perfect complement for the Banh Mi with Ginger Pork

<u>U.S.</u>		<u>Metric</u>
2 cup	Water	470 ml
1 Tbsp	Brown Sugar	12.4 g
1 Tbsp	Salt	18 g
1/4 cup	Rice Wine Vinegar	59.15 ml
5 each	Peppercorns	5 each
1/2 bunch	Kale, cut into thin strips	1/2 bunch
1 cup	Carrot, julienned	122 g
1 each	Daikon Radish, julienned	1 each

Preparation:

1. Gather all ingredients and equipment.
2. In a small saucepot, bring the water, brown sugar, salt, vinegar, and peppercorns
3. Place the carrot and radish into the pot and boil for 5 minutes.
4. Remove the pot from the stove, add kale to the pot and allow to chill in the

Nutrition Facts	
Serving size	1/4 cup
Servings	8
Calories	25
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	400 mg
Carbohydrates	5 g
Dietary Fiber	1 g
Sugars	3 g
Protein	1 g
Vitamin A	35 %
Calcium	4 %
Vitamin C	35 %
Iron	2 %
Phosphorus	18 mg
