



Asian Street Sandwich

 Dairy Free

READY IN



345 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon sriracha
- ☐ 6 servings cilantro sprigs
- ☐ 0.5 cucumber thinly sliced cut in 1/2 lengthwise and
- ☐ 2 tablespoons garlic crushed
- ☐ 1 tablespoon ginger grated
- ☐ 2 tablespoons hot sauce (recommended: Sriracha)
- ☐ 0.5 cup mayonnaise

- ☐ 0.3 cup mirin
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons oyster sauce
- ☐ 3 tablespoons oyster sauce
- ☐ 1 pound roasted sliced
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 head romaine lettuce separated
- ☐ 0.5 teaspoon sesame oil
- ☐ 3 tablespoons soya sauce
- ☐ 36 inch long sub rolls split

Equipment

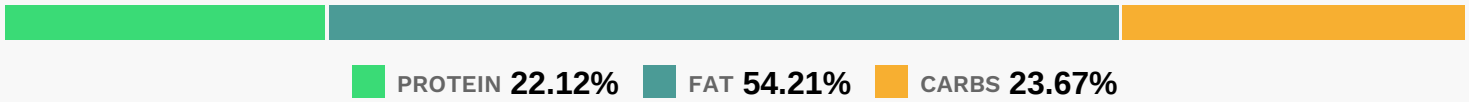
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In medium bowl, mix 2 tablespoons soy sauce, 1 tablespoon sugar, ginger, 1 tablespoon oyster sauce, chili garlic sauce, garlic, sesame oil and the pork slices.
- ☐ Transfer to a 1 gallon resealable plastic bag, remove all the air, seal and refrigerate for 4 to 5 hours.
- ☐ Heat the grill to high.
- ☐ Remove the pork from the marinade and arrange on the grill. Reserve the marinade. Grill for 5 minutes per side for medium doneness.
- ☐ Remove the pork from the grill to a platter.
- ☐ Pour the reserved marinade into a small saucepan over medium heat. Bring to a boil and let reduce until it starts to thicken, about 10 minutes.

- ☐ Drizzle the pork with the reduced marinade.
- ☐ In a nonreactive bowl, preferably glass, add the rice wine vinegar, the remaining 1 tablespoon brown sugar, mirin, the remaining 1 tablespoon soy sauce, and mix until the sugar is dissolved.
- ☐ Add the cucumbers and let marinate for 10 to 15 minutes.
- ☐ Heat a large heavy saute pan over low heat.
- ☐ Drizzle olive oil on the cut sides of the rolls and arrange, cut side down, in the pan to toast. In a small mixing bowl, add the mayonnaise, hot sauce, oyster sauce and sesame oil, and mix to combine.
- ☐ Let sit for 5 minutes, then coat each side of the rolls with about 2 tablespoons.
- ☐ Arrange the meat on each roll, and top with lettuce, marinated cucumbers and cilantro sprigs. Slice in half and serve.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:23.709565318149%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 379.84kcal (18.99%), Fat: 22.94g (35.3%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 19.69g (7.16%), Sugar: 9.22g (10.24%), Cholesterol: 55.47mg (18.49%), Sodium: 1372.23mg (59.66%), Alcohol: 0.98g (100%), Alcohol %: 0.41% (100%), Protein: 21.06g (42.13%), Vitamin A: 9131.58IU (182.63%), Vitamin K: 142.48µg (135.7%), Folate: 150.77µg (37.69%), Vitamin B6: 0.73mg (36.31%), Selenium: 23.03µg (32.9%), Vitamin B1: 0.43mg (28.91%), Vitamin B3: 5.3mg (26.49%), Iron: 4.17mg (23.19%), Phosphorus: 231.15mg (23.12%), Potassium: 633.23mg (18.09%), Vitamin B2: 0.26mg (15.32%), Manganese: 0.3mg (14.88%), Zinc: 1.77mg (11.77%), Fiber: 2.84g (11.36%), Vitamin C: 9.15mg (11.09%), Magnesium: 43.53mg (10.88%), Vitamin E: 1.54mg (10.29%), Vitamin B5: 0.87mg (8.69%), Copper: 0.16mg (8.2%), Vitamin B12: 0.47µg (7.82%), Calcium: 60.61mg (6.06%), Vitamin D: 0.34µg (2.26%)