



## Vietnamese Pork Sandwich

 Dairy Free

READY IN



165 min.

SERVINGS



6

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup carrots julienned
- 0.7 cup chicken stock see
- 2 cups daikon radish julienned cut into strips or run through a mandoline)
- 0.5 cucumber english peeled cut into half moons
- 0.5 cup fish sauce
- 1 cup cilantro leaves fresh
- 8 cloves garlic minced
- 1 tablespoon ginger finely grated peeled

- 0.5 teaspoon ground pepper black
- 2 pounds ground pork
- 0.5 cup hoisin sauce
- 2 jalapeños fresh halved thinly sliced
- 2 tablespoons kosher salt
- 1 cup mayonnaise
- 0.5 cup roasted peanuts salted chopped
- 0.5 teaspoon sesame oil toasted
- 1 tablespoons sriracha
- 6 hoagie rolls
- 3 tablespoons sugar
- 2 tablespoons vegetable oil
- 2 cups distilled vinegar white
- 2 cups onion yellow

## Equipment

- frying pan
- oven
- pot
- wooden spoon
- spatula

## Directions

- Watch how to make this recipe.
- Heat the vinegar, sugar and salt in a small pot until the sugar and salt are dissolved.
- Pour the hot vinegar mixture over the daikon, carrots and cucumbers.
- Let steep for at least an hour.
- Mix the mayonnaise, Sriracha and sesame oil together. Adjust the heat by either adding more Sriracha or mayonnaise.

- Heat the canola oil in a straight-sided skillet over medium heat.
- Add the onions and cook until slightly softened, 4 to 6 minutes.
- Add the ginger and garlic and cook another 2 minutes.
- Add 1/2 cup of the pickling liquid from the pickled vegetables and cook until reduced by half, 1 to 2 minutes.
- Add the chicken stock, fish sauce, hoisin sauce and black pepper and stir to combine. Simmer until reduced slightly and thickened, 10 to 15 minutes.
- Add the ground pork, breaking up the meat with the back of a wooden spoon or spatula, and cook until the pork is cooked through, 6 to 8 minutes.
- For the sandwich build: Preheat the oven to 350 degrees F.
- Heat the rolls for 5 minutes, to crisp the crust and soften the interior. Slice the rolls open, but keep them hinged. Smear desired amount of spicy mayo on the bottom roll, place some pork on top of that, top with some pickled vegetables, fresh jalapenos, cilantro leaves, and finish with the chopped peanuts. Grab with two hands, eat whole and close your eyes while enjoying this first class ticket to Saigon.

## Nutrition Facts

**PROTEIN 14.31%** **FAT 61.92%** **CARBS 23.77%**

### Properties

Glycemic Index: 81.65, Glycemic Load: 29.84, Inflammation Score: -10, Nutrition Score: 35.130869409312%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.6mg, Quercetin: 12.6mg, Quercetin: 12.6mg, Quercetin: 12.6mg

### Nutrients (% of daily need)

Calories: 1093.71kcal (54.69%), Fat: 74.36g (114.4%), Saturated Fat: 18.21g (113.79%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 58.81g (21.39%), Sugar: 22.91g (25.45%), Cholesterol: 126.03mg (42.01%), Sodium: 5006.2mg (217.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.35%), Vitamin K: 86.17µg (82.07%), Vitamin B1: 1.23mg (81.84%), Vitamin A: 3865.64IU (77.31%), Iron: 13.38mg (74.36%), Selenium: 43.45µg (62.07%), Vitamin B3: 10.02mg (50.09%), Vitamin B6: 0.92mg (46.02%), Phosphorus: 387.52mg (38.75%), Manganese: 0.7mg

(35.1%), Vitamin B2: 0.51mg (30.27%), Vitamin C: 24.89mg (30.17%), Magnesium: 111.47mg (27.87%), Potassium: 971.41mg (27.75%), Zinc: 4.11mg (27.43%), Fiber: 5.4g (21.59%), Vitamin B12: 1.2µg (19.93%), Folate: 71.3µg (17.83%), Copper: 0.33mg (16.35%), Vitamin B5: 1.58mg (15.85%), Vitamin E: 2.08mg (13.84%), Calcium: 110.19mg (11.02%)