

Vietnamese Ground Pork with Noodles or Lettuce

March 9th, 2020

This recipe serves: 4

Prep Time: 01:30

Cook Time: 00:30

This convenient meal is easy to prepare and provides a flavorful variation using ground pork and a few other ingredients. In a pinch, ground beef patties could be used in place of the ground pork patties.

You can save additional time by replacing the patties with loose ground meat, added to the wok after the garlic and nuts.

Ingredients:

- 1 Package Flat Rice Noodles
- 1 inch Fresh Ginger Root, peeled and sliced into toothpicks or 1/8 Teaspoon Ground Ginger
- 2 Fresh Garlic Cloves, minced
- 2 oz Raw, Unsalted Crushed Cashews, Peanuts, or Almond Slivers
- 10 oz Broccoli, separated into bite-sized florets (don't cut too small).
- 10 oz Cabbage, cut into thin slices
- 2 Teaspoons Oyster Sauce (NOTE: Most Oyster Sauce is NOT gluten free)
- 2 Teaspoon Soy Sauce
- 1/2 Cup Carrots, peeled and then julienned with a cheese grater
- 1 bunch of Scallions, sliced on the bias into 1/4 inch lengths
- 8 Fresh Basil Leaves, chiffonade
- 1 Fresh Lime, sliced into quarters (seeds removed)
- Little Bit Sweet, Little Bit Spicy sauce (to taste)
- Vegetable Oil

Meat Balls

- 1 lb to 1.5 lb Extra Lean Ground Pork
- 1 Large Shallot
- 1 Fresh Garlic Clove, minced
- 3 Tablespoons Fish Sauce
- 1/4 Teaspoon Baking Soda

Sauce

In a small bowl, fully mix the following:

- 1 additional Garlic Clove, minced
- 1 Teaspoon Sugar
- 2 Thai Chiles (or other peppers), seeds removed and finely minced
- 1/2 Cup Hot Water
- 3 Tablespoons Fish Sauce
- 1 Teaspoon Oyster Sauce
- 2 Limes, juiced (4 Tablespoons or 2 fluid ounce)
- 1/4 Teaspoon Corn Starch

Whisk together to ensure that the sauce is fully mixed.

Directions:

Follow the package instructions and prepare the Glass Noodles.

Meanwhile, in a 5 quart glass bowl, add the Ground Pork, the diced Shallot, 1 Garlic Clove (minced), 1 Teaspoon Fish Sauce, and 1/4 Teaspoon Baking Soda

Mix thoroughly and form into small Pork Burger patties, about 1 ounce each and about 2 or 3 inches across.

Grill or Broil the Pork Burger patties. As each patty is finished cooking, place it in the bowl with the Sauce. Stir together to make sure that each burger is well-coated with sauce. Set aside for later.

Heat a large pan or Wok. Add about a teaspoon of vegetable oil
Stir in the ginger root and stir gently for about 1 minute.

Add the remaining minced garlic. Mix in the nuts.
Brown the nuts for about a minute.
Add the broccoli florets and stir for about 1 minute.
Add the Cabbage. Stir in the Oyster Sauce and the Soy Sauce.
Lower the heat and cover for 2 or 3 minutes.
Mix in the julienned carrots and remove the pan from the heat.
Stir in the Scallions and half of the Basil Leaves.
Add lime juice by squeezing 1 lime quarter.

To Serve...

Spread a serving of Glass Noodles on a plate. Arrange torn lettuce leaves around the noodles. Add a scoop of the vegetables. Arrange 4 or 5 of the Pork patties.
Sprinkle with Basil Leaves and Sesame Seeds.
Set a Lime wedge on each plate as a garnish and for additional seasoning.
Add Little Bit Sweet, Little Bit Spicy sauce, as desired.