

Bahn Mi Sandwiches

Yield: 4 Servings

Ingredients:

Pickled Vegetables:

- 1 medium daikon radish, peeled and sliced into matchsticks
- 1 small carrot, sliced into matchsticks
- 1 small cucumber, sliced into matchsticks
- ½ jalapeno pepper, thinly sliced (optional)
- ½ cup rice vinegar
- Pinch of sugar
- Pinch of salt

Sandwiches:

- 1 lb. chicken, cut into small pieces (or other protein like pork, tofu, or beef)
- 1 tablespoon olive oil
- 2 tablespoons soy sauce
- Juice of ½ lime + a little zest
- 1 garlic clove, minced
- ½ teaspoon minced ginger
- 4 soft French baguettes
- Mayo, for slathering
- Sriracha, for drizzling
- ½ cup fresh cilantro, coarsely chopped

Directions:

1. Make the pickles:
 - Place the daikon, carrot, cucumber, and jalapeno, if using, into a tightly lidded jar just large enough to hold all the vegetables.
 - Add the rice vinegar, sugar, and salt and shake gently.
 - If necessary, add water so that the liquid just covers the vegetables and shake again.
 - Gently pack the vegetables down into the jar and chill for at least 1 hour. Store in the fridge for up to 2 weeks.
2. Prepare the protein:
 - In a medium bowl, combine the chicken, olive oil, soy sauce, lime juice and zest, garlic, and ginger.
 - In a medium skillet, heat the olive oil over medium heat. Add the chicken. Cook until browned and caramelized on the edges.
3. Assemble the sandwiches:
 - Slice the French baguettes lengthwise, but not all the way through.
 - Spread mayo on one side of the bread and add a drizzle of sriracha. Top with the chicken, pickles, and cilantro. Serve with more sriracha on the side, if desired.

Bahn Mi Sandwiches		
Nutrition Facts		
Serving Size	1 Sandwich	
Amount Per Serving		
Calories	489.5	
	% Daily Value*	
Total Fat	18.5 g	24 %
Saturated Fat	3.4 g	17 %
Trans Fat	0.1 g	
Cholesterol	102.2 mg	34 %
Sodium	1236.2 mg	54 %
Total Carbohydrate	35.7 g	13 %
Dietary Fiber	2.6 g	9 %
Total Sugars	5.8 g	
Added Sugars	3.4 g	7 %
Protein	41.9 g	
Vitamin D	0.2 mcg	1 %
Calcium	41.8 mg	3 %
Iron	3.7 mg	21 %
Potassium	517.4 mg	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

