

Banh Mi

Ingredients for Life

Bursting with crunchy pickled carrots and a kick of heat from the jalapeno, this Vietnamese-inspired sandwich uses your choice of protein and is the perfect balance of sweet, sour, and salty.

Serves 4 Serving size: 1 sandwich Prep time: 20 minutes Cook time: 10 minutes Total time: 30 minutes + time to marinate

Ingredients

- 1 pound chicken breast or tofu, cut into 1/4-inch thick strips
- 3 Tablespoon low-sodium soy sauce
- 1 Tablespoon fish sauce
- 2 Tablespoons honey
- 3 cloves garlic, minced
- 2 Tablespoons rice vinegar or lime juice
- 1/2 teaspoon red pepper flakes
- 1 Tablespoon olive or canola oil

Pickled Vegetables

- 1 cup carrots, thinly sliced
- 1 cup radish, thinly sliced
- 1/2 cup vinegar
- 1/2 cup water
- 1/2 Tablespoon sugar
- 1/2 Tablespoon salt

To Serve

- 4 sub rolls
- 2 Tablespoons mayonnaise
- Pickled vegetables
- Thinly sliced cucumber
- Sriracha or sliced jalapeno
- Cilantro



Directions

For Pickled Vegetables

1. Place thinly sliced carrots and radishes in a heat-safe container.
2. In a small sauce pan, heat vinegar, water, sugar, and salt over medium-high heat until boiling.
3. Pour hot liquid over vegetables.
4. Let cool, cover, and store in the refrigerator.
5. Let sit at least 2 hours, but preferably overnight before serving.

For Protein

1. Stir together soy sauce, fish sauce, honey, garlic, rice vinegar, and red pepper flakes.
2. Place protein in a plastic storage bag.
3. Pour soy sauce mixture over protein.
4. Marinate at least 2 hours, but ideally overnight in the refrigerator.
5. Heat oil in a large skillet over medium heat.
6. Once oil is hot, add protein and marinade to the skillet.
7. Cook on both sides until chicken is cooked through or tofu is seared.
8. To serve smear 1/2 Tablespoon of mayonnaise on a sub roll. Layer chicken or tofu, pickled vegetables, sliced cucumber, Sriracha or jalapeno, and cilantro.

Nutrition Facts

Serves 4
Serving size 1 sandwich (216g)

Amount per serving

Calories 460

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 23g | 36% |
| Saturated Fat 4g | 18% |
| Trans Fat 1g | |
| Cholesterol 9mg | 3% |
| Sodium 669mg | 28% |
| Total Carbohydrate 33g | 11% |
| Dietary Fiber 1g | 5% |
| Total Sugars 10g | |
| Protein 30g | 60% |
| Vitamin D 0mcg | 0% |
| Calcium 63mg | 6% |
| Iron 3mg | 16% |
| Potassium 386mg | 11% |
| Phosphorus 294mg | 29% |

* 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.

Nutrition information based on recipe made with chicken breast