

Pork & Prune Vietnamese Banh Mi



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A full flavoured light and healthy lunch that can be prepared quickly. The prune and pork meat balls are moist and deliciously sweet.

SERVES: 4 | LEVEL OF DIFFICULTY: ●○○

Pork and Prunes Meatballs

INGREDIENTS

- 1kg lean pork mince
- 200g chopped **Australian prunes**
- 100g peanuts
- 2 shallots
- 2 cloves garlic
- 1 small knob ginger
- 60ml fish sauce

METHOD

1. Roughly chop shallots, garlic and ginger and place in mortar and pestle.
2. Pound together with peanuts, add fish sauce.
3. Place pork and prunes into a large bowl and add the mix from the mortar and pestle.
4. Mix together by hand and then shape into balls. Makes about 20.
5. Place on a baking sheet and cook at 180°C for about 10 mins or until cooked.

The Banh Mi

INGREDIENTS

- 4 crusty baguette rolls
- 12 pork and prune meatballs
- 100ml mayonnaise
- 50ml sriracha sauce (type of chilli sauce)
- a handful pickled carrot and daikon
- 1/3 cup rice vinegar
- Pinch of sugar
- 1 bunch coriander
- chopped red chillies (if you like it hot)

METHOD

1. Mix together the mayonnaise and sriracha sauce and generously spread on each roll.
2. Finely dice the carrot and daikon. Mix together with rice vinegar and a pinch of sugar.
3. Fill the rolls with pickles, coriander and chilli.
4. Top with pork and prune meatballs.

DID YOU KNOW?

Prunes contain beta-carotene and Vitamin K which make people happier



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