



TURKEY BANH MI

with Pickled Veg and Spicy Mayo

SPICY PRONTO



HELLO BANH MI

Banh Mi is a popular Vietnamese sandwich with a French flair

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 497



Minced Turkey



Demi Baguette



Carrot, julienned



Cilantro



Fish Sauce



Thai Seasoning



Garlic



Mayonnaise



Chili Garlic Sauce



Mini Cucumber



Rice Vinegar



Breadcrumbs



Red Cabbage, shredded

BUST OUT

- Baking Sheet
- Garlic Press
- Whisk
- Large Non-Stick Pan
- Measuring Spoons
- Sugar (1 tsp | 2 tsp)
- Medium Bowl
- 2 Small Bowls
- Small Pot
- Strainer
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Minced Turkey 250 g | 500 g
- Demi Baguette 1 2 | 4
- Carrot, julienned 56 g | 113 g
- Cilantro 7 g | 14 g
- Fish Sauce 0 2 tbsp | 4 tbsp
- Thai Seasoning 8 🍷 1 tbsp | 2 tbsp
- Garlic 6 g | 12 g
- Mayonnaise 3,4,6,9 1 tbsp | 2 tbsp
- Chili Garlic Sauce 9 🍷 1 tbsp | 2 tbsp
- Mini Cucumber 132 g | 264 g
- Rice Vinegar 2 tbsp | 4 tbsp
- Breadcrumbs 1,2,4,8 2 tbsp | 4 tbsp
- Red Cabbage, shredded 227 g | 454 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat your broiler to **high** (to toast baguette). In Step 2, use this heat guide to determine what spice level you prefer (dbl each measurement for 4 ppl): **½ tsp** mild, **1 tsp** medium, **2 tsp** spicy and **1 tbsp** extra-spicy!



1 PICKLE VEGGIES

Wash and dry all produce.* Cut **cucumbers** in half, lengthwise, then into ½-inch thick half moons. Heat a small pot over medium heat. When pot is hot, add **carrots, cabbage, cucumbers, vinegar, 1 ½ tbsp fish sauce** (dbl for 4 ppl), **3 tbsp water** (dbl for 4 ppl), **1 tsp sugar** (dbl for 4 ppl) and **½ tsp salt** (dbl for 4 ppl). Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.



4 COOK PATTIES

Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then **patties**. Pan-fry until golden-brown and cooked through, 3-5 min. (**TIP:** Cook each piece to a min. internal temp. of 71°C/160°F, as size may vary.**) (**TIP:** Don't overcrowd the pan; cook the patties in 2 batches for 4 ppl, using 1 tbsp oil for each batch!)



2 PREP

Transfer **pickled veggies**, along with **liquid**, to a small bowl. Set aside in the fridge to cool. Meanwhile, peel, then mince or grate **garlic**. Pick **cilantro leaves** from **stems**. Finely chop **cilantro stems**. Keep **stems** and **leaves** separate. In another small bowl, whisk together **mayo, 1 tbsp chili garlic sauce** (**NOTE:** Reference heat guide in Start Strong) and **1 tsp water** (dbl for 4 ppl). Set aside.



5 TOAST BAGUETTE

Meanwhile, cut **each baguette** in half lengthwise, then widthwise. Arrange on a baking sheet cut-side up. Toast in the **middle** of the oven until light golden-brown, 2-3 min. (**TIP:** Keep an eye on your baguette so that it does not burn!) Meanwhile, drain **pickled veggies** and return them to the same small bowl.



3 MAKE PATTIES

In a medium bowl, combine **turkey, breadcrumbs, Thai seasoning, garlic, cilantro stems, remaining fish sauce** and **¼ tsp salt** (dbl for 4 ppl). Season with **pepper**. Divide **mixture** into **8 equal portions** (16 portions for 4 ppl). Roll into balls, then flatten into ½-inch thick **patties**.



6 FINISH AND SERVE

Spread **spicy mayo** over **bottom toasted baguette**. Top with **patties, pickled veggies** and **cilantro leaves**. Serve **remaining pickled veggies** on the side.

SOUR POWER!

Quick-pickled veggies are great on everything from sandwiches to tacos.