



## Vietnamese Caramelised Pork Bowls

An exciting way to use ground meat (mince) to make a quick stir fry that taste unbelievable! This is great made with chicken, turkey or pork. It also works with beef though it is better made with "white meats". Serve it over rice or vermicelli noodles to make rice bowls with shredded lettuce, carrots and cucumbers on the side (very classic Vietnamese meal!).

**Serves: 4, Prep time: 00:10, Cook time: 00:10**

### Instructions

- Heat the oil in a large skillet over high heat.
- Add the onion, ginger, garlic and chili and cook for 2 minutes. (Add mushrooms if using).
- Add the pork mince and cook for 2 minutes or so until white all over, breaking up the meat with a wooden spoon.
- Add the sugar (or honey) and fish sauce. Stir, then leave it to cook without touching until all the juices cook out and the pork starts caramelised - about 2 minutes. Then stir it and leave it again, without stirring, for around 30 seconds to get more caramelisation. Repeat twice more until caramelised to your taste.

### Ingredients

- 1.5 tablespoon Coconut oil, or use nut oil
- 0.5 Onion, finely chopped
- 2 teaspoon Ginger, Fresh, grated
- 2 Garlic, cloves, 2-4 finely sliced
- 1 Birdseye Thai Chili, Red, finely sliced
- 500 grams Ground Pork (1 lb 1.5 oz)
- 5 tablespoon Sugar, brown, or use honey
- 2 tablespoon Fish sauce
- 5 Mushrooms, vert finely cubed (optional)
- 1 Green onion, Finely sliced
- 2 Tomato, roughly chopped
- 0.5 Cucumber, roughly chopped
- 240 grams Jasmine Rice, Steamed - enough for four (8.5 oz)

- Serve over rice or vermicelli noodles, garnished with sliced scallions/shallots. For a low carb, low cal option, try Cauliflower Rice! I like to have chunks of plain cucumber and tomatoes on the side which is a classic way of making Vietnamese bowls. Adding pickled carrots adds balance to the sweetness (see other recipe on this site).

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#### **Recipe Notes**

1. Birds eye chilis are small red chilis that are usually around 3 to 4cm (1.5 - 2") long. They are very spicy! You can substitute with any chili you want, or even exclude it if you are making this for kids. Just adjust to your taste.

This dish is great to serve with sriracha on the side so people can add the amount of heat they want.

2. Other meat - recipe works great with chicken and turkey too. Beef will also work well.

3. Lemongrass is a lovely and very traditional Vietnamese herb used in dishes like this. 1 stalk, white part only, very VERY finely chopped. Add it into the skillet with the garlic.

If you have lemongrass paste, add it with the brown sugar.

4. Nutrition is for the pork stir fry only, excludes the rice and assumes you use a lean pork (10% fat).

- 0.5 Red chili, Finely sliced, to serve

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