

Chicken Bahn Mi

A Vietnamese Classic, WW-ified into a Burger

A Bahn Mi sandwich is a flavor and textural thing of beauty. In this case, you have a soft, steamed bun, with both a spicy and a savory sauce. Then you get the acidic crunch of pickled veggies, sliced cucumbers and aromatic herbs, on top of an aggressively seasoned chicken patty. This baby is bursting with asian flavors... it's like taking a trip to Danang, without having to get out of your pajamas.

Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger

Points:

1 serving = 5 4 4

2 servings = 10 8 8

3 servings = 15 12 12

4 servings = 20 16 16

G B P

Ingredients:

EASY Pickled Vegetables

- 1 medium red onion, quartered and sliced thin
- 1 cup shredded carrots
- 1 cup thin sliced, peeled, daikon radish or jicama, cut into thin strips, like the shredded carrots
- 3-4 jalapeno peppers, sliced into thin rounds. Remove seeds and the centers, if you want to cut down the spiciness.
- Distilled white vinegar and water, I used a 32oz bottle.

Steamed Asian-Style Buns

- 1 cup self rising flour
- 3/4 cup fat free greek yogurt
- 1 tsp baking powder
- additional water, as required, to juuuust form a dough ball.

Asian Ground Chicken Patties

- 1/2 batch of my "Asian" seasoned ground meat recipe, using ground CHICKEN BREAST instead of turkey. The recipe can be found in my "Cookbook: Volume 1", on page. 26.

Sriracha Yogurt Sauce

- 1/2 cup fat free Greek yogurt
- 1 Tbsp Sriracha chili sauce (to taste).
- 1 tsp reduced sodium soy sauce
- 1 tsp paprika (optional, for color)
- 1 tsp lime juice

Asian Dipping Sauce

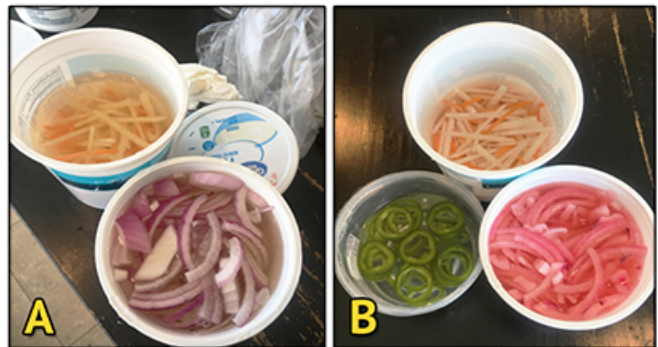
- 1/4 cup of my sauce. The recipe can be found in my "Cookbook: Volume 1", on page 56.

Additional Vegetables

- 2 bunches fresh cilantro, rough chopped
- 1 cucumber, cut into thin slices, about as thick as a quarter.
- 2 Tbsp fresh mint, rough chopped



Directions:



1. First thing's first, this is the easiest part. The night before you plan to make this, cut all of your veggies to be pickled. Place the sliced carrots and daikon radish (or jicama) in 1 container, the red onion in another, then the sliced and cleaned jalapenos in another. Use an equal amount of distilled white vinegar and water, to cover all of the veggies. Cover and set in the fridge overnight. Done.



2. Fill a large pot, with a steamer insert basket, with 3-4" of water. Bring to a low boil, covered.
3. When you're ready to make the buns, combine the flour, yogurt and baking powder to form a dough ball. Use additional water if necessary. You want the dough to JUST come together. Section the ball into 1/4 cup balls.



4. (A) Spray a cutting board with cooking spray, then use your palm to press one of the dough balls down. Fold it back over and onto itself, then press down again. Repeat 20 times then (B) roll into a smooth ball. (C) Place foil paper onto the bottom of your steamer insert then place the rolled balls onto the foil. Place the insert into your pot, then cover, crank up the heat to medium-high, (D) then steam for 20 minutes.

5. Form the seasoned ground chicken into 4 patties. Cook in a frying pan with cooking spray. Set aside.

6. Take your steamed, cooled buns, then use a serrated knife to slice them horizontally, through the center.

7. Combine the ingredients for the Sriracha yogurt sauce and set aside in a dish, along with my asian dipping sauce, in a separate dish.

8. Get a buuuuunch of paper towels ready, or, I you could use a few strainers, but I'm lazy, and hungry, so... Remove the various vegetables from their respective vinegar solutions. Place each bunch o' veggies, onto some paper towels and pat dry. You don't want a ton of vinegar dripping all over your burgers.

9. To assemble the burgers, first... (A) smear a dollop of the Sriracha yogurt on the bottom bun, followed by a few slices of cucumber. (B) Next, mix the chopped cilantro and mint together in a bowl, then place some of the fresh herbs on top of the cucumbers, followed by jalepeno rings, to taste. (C) Place a cooked chicken patty on top of the jalepenos, and top with a decent amount of the pickled vegetables. Drizzle 1 Tbsp of the Asian dipping sauce on top of the veggies. (D) Finally, finish with the top bun and a skewer to hold it all in place. Done.

