

Salt and Serenity

Bahn Mi Bowls

Amy Rosen created this recipe. It was featured in the Holiday 2016 issue of Food & Drink Magazine. I have adapted it very slightly.

Serves 4

Quick Pickled Vegetables

¼ cup seasoned rice vinegar

¼ cup sugar

¼ teaspoon sea salt

2 carrots, sliced into long strips using a carrot peeler, down to the core

3 radishes, thinly sliced

1 500-gram package medium rice stick noodles

Vietnamese Sauce

¼ cup fresh lime juice (about 2 limes)

2 Tablespoons soy sauce

2 teaspoons fish sauce

¼ cup water

¼ cup sugar

Spiced Turkey Meatballs

1 pound ground turkey (dark meat)

2 Tablespoons minced cilantro, plus extra for garnish

2 garlic cloves, minced

2 green onions, thinly sliced

1 Tablespoon Sriracha sauce

1 teaspoon sugar

2 teaspoons cornstarch

½ teaspoon kosher salt

¼ teaspoon black pepper

2 teaspoons vegetable oil

½ English cucumber, sliced into half moons

¼ cup fresh mint, roughly torn

¼ cup salted peanuts, coarsely chopped

1. In a medium saucepan, heat rice vinegar, sugar and salt, stirring until dissolved. Cool to room temperature (will be almost syrupy), then add prepared carrots and radishes and toss well. Refrigerate for a half hour.

2. Boil a kettle of water. Pour over noodles to cover and let sit for 10 to 12 minutes, or follow recommended package instructions. Drain and rinse under cold water. Drain well and set aside.
3. Make noodle sauce by combining lime juice, soy sauce, fish sauce, water and sugar. Stir until sugar dissolves. Set aside.
4. For spiced turkey meatballs, in a medium bowl, mix together ground turkey, cilantro, garlic, green onion, sriracha, sugar, cornstarch, salt and pepper. Using a small ice cream scoop (1-2 tablespoon size), form meatballs. Drizzle oil in a large nonstick pan over medium-high heat, and cook meatballs for a few minutes on the first side, flip, then cook on the second side for 3 minutes more, or until completely cooked through.
5. To assemble, pour sauce over noodles and toss well, then divide equally among 4 bowls. Top with meatballs and pickled veggies. Garnish with cucumber, fresh mint and peanuts, then pour any extra sauce overtop.