

Thai Meatball Sandwich

*Publix Family Style Magazine
February/March 2015*

Servings: 4

*1/4 cup chopped green onion
2 tablespoons fresh cilantro, chopped
1 tablespoon fish sauce
1 tablespoon vegetable oil
1 tablespoon lemongrass paste
2 cloves garlic, minced
1 teaspoon sugar
1/2 teaspoon Asian chile paste
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
1 pound ground pork
1/2 cup mayonnaise
1/2 teaspoon lime zest
1 teaspoon lime juice
4 bakery rolls, split
cilantro leaves (for garnish)
Carrot-Radish Slaw
1/4 cup lime juice
1 tablespoon seasoned rice vinegar
1 tablespoon packed brown sugar
1 tablespoon fresh ginger, minced
1 teaspoon salt
1 clove garlic, minced
1/8 teaspoon crushed red pepper
3 cups carrots, peeled and shredded
1 cup radish, thinly sliced
1/3 cup red onion, sliced*

Preparation Time: 50 minutes

Bake: 25 minutes

Prepare the Carrot-Radish Slaw: In a large bowl, stir together the lime juice, rice vinegar, brown sugar, ginger, salt, garlic and red pepper. Add the carrots, radish and onion. Toss to coat. Cover and chill for one to twenty-four hours before serving.

In a food processor, combine the green onion, cilantro, fish sauce, vegetable oil, lemongrass paste, garlic, sugar, chili paste, salt and black pepper. 'Puree' until the mixture is combined. Add the pork and pulse to combine.

With wet hands, shape into twenty meatballs. Transfer the meatballs to a baking sheet. Cover and chill for at least one hour.

Meanwhile, in a small bowl, stir together the mayonnaise, lime zest and lime juice. Cover and refrigerate.

Move the oven rack to the top position in the oven. Preheat the oven to 350 degrees. Bake the meatballs for 20 to 25 minutes or until the meatballs are cooked through, turning once or twice during the cooking.

Carefully hollow out the inside of the bread rolls, leaving 1/2-inch shells. Set the excess bread aside for another use. Spread the rolls with the mayonnaise mixture and some of the carrot-radish slaw. Top with meatballs and additional cilantro leaves.

Serve with the remaining Carrot-Radish Slaw.

HOW TO FORM PERFECT MEATBALLS EVERY TIME.

- 1 Press the meat into a rectangle on parchment paper.*
- 2 Cut the meat into even squares using a sharp paring knife.*
- 3 Roll each square individually by hand.*
- 4 Season the meatballs according to recipe directions.*

Making meatballs is easy. Use a wooden spoon to stir the ingredients together and a cookie scoop to shape them. Done this way, they are slightly flat on one side but you can round them by rolling them between your cupped palms.

The secret to great flavor is making sure that the meatballs are well-browned on the outside. That means adding them to the pan and leaving them alone for 3 minutes. Check one meatball; if it is a nice walnut brown, turn them. If not, wait another 2 minutes. To tell when large meatballs are done, use an instant-read thermometer to make sure that they reach 160 degrees (beef, pork, veal and lamb) or 165 degrees (chicken and turkey). Smaller meatballs are done when the time is up.

Per Serving (excluding unknown items): 616 Calories; 52g Fat (73.6% calories from fat); 21g Protein; 21g Carbohydrate; 4g Dietary Fiber; 92mg Cholesterol; 1064mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 6 Fat; 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	616	Vitamin B6 (mg):	.8mg
% Calories from Fat:	73.6%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	13.0%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	13.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	52g	Folacin (mcg):	38mcg
Saturated Fat (g):	13g	Niacin (mg):	6mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	14g	Alcohol (kcal):	0
Cholesterol (mg):	92mg	% Refuse:	n n%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	21g	Lean Meat:	2 1/2
Sodium (mg):	1064mg	Vegetable:	2 1/2
Potassium (mg):	811mg	Fruit:	0
Calcium (mg):	76mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	6
Zinc (mg):	3mg	Other Carbohydrates:	1/2
Vitamin C (mg):	26mg		
Vitamin A (i.u.):	27270IU		
Vitamin A (r.e.):	2735 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 616 Calories from Fat: 453

% Daily Values*

Total Fat	52g	80%
Saturated Fat	13g	64%
Cholesterol	92mg	31%
Sodium	1064mg	44%
Total Carbohydrates	21g	7%
Dietary Fiber	4g	16%
Protein	21g	

Vitamin A	545%
Vitamin C	43%
Calcium	8%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.