

The Effortless Kitchen

by Debbie Brosnan



Bun Cha Noodle Bowl

[45 mins - Serves 4]

This traditional Vietnamese street food dish has been lightened up with ground turkey but still has the same pop of flavors and crunchy textures. Served over rice noodles it's a complete meal in a bowl. You can use any ground meat you prefer.

Ingredient List:

4 tablespoons fish sauce, divided
2 teaspoons grated lime zest
2 1/2 tablespoons lime juice
1 1/2 tablespoons sugar, divided
1/2-1 thai chili, minced
2 garlic cloves, grated
6-8 ounces rice vermicelli, whole grain if possible
2 small shallots or 1 large, minced
1/2 teaspoon pepper
1/2 teaspoon salt

pinch crushed red pepper, optional
1/2 teaspoon baking soda
16 ounces ground turkey
Vegetable oil
2 carrots, peeled and shaved into ribbons
1/2 english cucumber, sliced
1 colorful bell pepper, sliced
torn fresh mint
torn fresh cilantro
lime for garnish

Dietary Substitutions

Vegetarian- use portobello mushroom (ask me)
Seafood Allergy - mix half soy sauce/tamari and half rice vinegar

Kitchen Tools Needed

cutting board, a sharp knife, a large pot with a lid, strainer for the noodles, tongs, 1 small and 1 large bowl, large skillet, microplane/garlic press (optional), vegetable peeler, plate with paper towel, citrus juicer (optional), measuring spoons and cups, tasting spoon(s) and a garbage bowl

Prep to be done for the start of class:

Please have all ingredients and kitchen tools out.
Cook rice noodles before the start of class and set them in water.

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Directions:

Bring water in a large pot to a boil and cook noodles according to package instructions until tender. Drain and rinse with cold water until water runs clear. Allow noodles to sit in water until ready to serve to avoid sticking.

Whisk 1/2 cup hot water, 3 tbsp fish sauce, lime juice, sugar, thai chili and garlic in a bowl until sugar dissolves. Set aside.

Combine lime zest, shallot, black pepper, salt, crushed red pepper, baking soda, 1 tbsp fish sauce and 1/2 tsp sugar in a large bowl. Add turkey and mix well until combined. Shape into 12 patties.

Heat oil in large pan over medium high heat, until hot. Cook patties until browned and turkey is fully cooked to 165 degrees, about 2-4 minutes per side. Transfer to plate with a paper towel to absorb the excess oil.

To serve, place noodles in a bowl, top with carrot, cucumber, bell pepper and patties. Spoon sauce over bowl and top with fresh mint and cilantro. Serve with lime wedges (optional)