

# Vietnamese Meatball Banh Mi (Banh Mi Xiu Mai)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-meatball-recipe-sandwich>

## Ingredients:

- 1 small onion diced, about 2/3 cup diced onions
- 1/2 tablespoon minced garlic
- 10 ounces ground pork
- 3/8 teaspoon salt
- 1/3 cup panko breadcrumbs
- 1/4 cup milk
- black pepper
- olive oil
- 1/2 tablespoon minced shallot
- 1/2 tablespoon minced garlic
- 3 medium tomatoes ripe, diced, about 12 oz or 2 cups diced tomatoes
- 1 tablespoon fish sauce
- 1/2 tablespoon soy sauce
- 1 teaspoon tomato paste
- 1/3 cup water or chicken stock
- 1/2 teaspoon cornstarch
- 1/2 tablespoon water
- 2 Banh Mi or baguettes, lightly toasted
- sliced scallions thinly, for garnishing, optional

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 55 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 17 grams

7. SaturatedFat: 7 grams
  8. Sodium: 850 milligrams
  9. Sugar: 6 grams
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