

## Grilled, Pork

---

# Vietnamese Pork Tenderloin

Steven Raichlen

Cooking Light Magazine - July 2012

**Servings: 4**

**Preparation Time: 1 hour**

**Start to Finish Time: 1 hour 23 minutes**

*Only a very hot grill gets tasty charred edges.*

**2 tablespoons sugar**

**1 teaspoon freshly ground black pepper**

**2 cloves garlic**

**1 shallot, halved**

**1 piece (4 inch) fresh lemongrass, halved**

**1 piece (1 inch) ginger, peeled and halved**

**1 tablespoon lower-sodium soy sauce**

**2 1/2 tablespoons fish sauce, divided**

**1 tablespoon canola oil**

**1 (one pound) pork tenderloin, trimmed and cut crosswise into 1/4-inch slices**

**1/3 cup carrot, grated**

**2 tablespoons sugar**

**1/4 cup fresh lemon juice**

**1/4 cup rice vinegar**

**1 teaspoon garlic, minced**

**1 Thai or serrano chile, thinly sliced and divided**

**2 ounces rice vermicelli**

**cooking spray**

**16 Bibb lettuce leaves (about two heads)**

**1 cup cilantro leaves**

**1 cup English cucumber, sliced**

**1 cup fresh bean sprouts**

**1/3 cup unsalted, dry-roasted peanuts, finely chopped**

**16 basil leaves**

**16 mint leaves**

**2 Thai chiles, thinly sliced**

In a mini food processor, combine the sugar, black pepper, garlic, shallot, lemongrass and ginger. Pulse until coarsely ground. With the processor on, add the soy sauce, one tablespoon of fish sauce and canola oil. Process until blended. Combine the mixture and pork in a zip-top plastic bag. Seal and marinate in the refrigerator for one hour, turning occasionally.

In a medium bowl, combine the carrot and sugar. Let stand 10 minutes. Add the lemon juice, vinegar, 1-1/2 tablespoons fish sauce, minced garlic and one sliced chile. Stir until the sugar dissolves.

Cook the noodles according to package directions, omitting salt and fat. Drain and rinse with cold water. Drain well.

Preheat the grill to high heat.

Remove the pork from the marinade. Discard the marinade.

Thread the pork evenly onto six 12-inch skewers. Place the skewers on the grill rack coated with cooking spray. Grill 2 minutes on each side or until lightly charred.

Top each lettuce leaf evenly with pork, noodles, cilantro leaves, cucumber, bean sprouts, peanuts, basil leaves, mint leaves and Thai chile slices. Serve with the dipping sauce

---

Per Serving (excluding unknown items): 196 Calories; 7g Fat (30.7% calories from fat); 13g Protein; 22g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates.