



Vietnamese Caramel Pork Mince

(inspired by RecipeTin Eats)

Sticky, sweet, and savoury — without the sugar crash
Serves 4 – Prep time: 5 mins – Cook time: 10 mins

Ingredients

1 tsp olive oil
½ brown onion, finely diced
2 tsp fresh ginger, minced
2 garlic cloves, minced
1 small red chilli, deseeded and finely chopped (optional)
500g lean pork mince (or chicken, turkey, or beef mince)
1 Tbsp sugar-free maple syrup or honey
½ tsp tamari
Pinch of Chinese five spice
2 Tbsp fish sauce (or low-sodium soy sauce)

To serve (optional & fresh)
Finely sliced green onion
Tomato wedges and cucumber chunks and sliced red capsicum
Fresh coleslaw
Extra chilli if desired

Directions

Sauté aromatics:

Heat olive oil in a non-stick pan over medium-high heat. Add onion, garlic, ginger, and chilli. Cook for 2 minutes until soft and fragrant.

Add mince:

Add pork mince, breaking it up as it cooks. Stir until fully browned.

Create the glaze:

Add fish sauce, sugar-free maple syrup, tamari, and a pinch of five spice. Simmer for 2–3 minutes, stirring, until the sauce thickens and turns sticky.

Serve:

Plate with fresh tomato and cucumber. For a low-carb base, serve with cauliflower rice or a lettuce cup. Garnish with green onion and chilli if you like

| | Protein | Fat | Carbs | Calories |
|------------------------|---------|-----|-------|----------|
| Per serving – 4 serves | 28g | 11g | 4g | 230kcal |

