

Vietnamese savoury rice pancakes (Banh Xeo)

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Banh xeo is a rice flour and turmeric pancake filled with a mixture of bean shoots, cabbage and stir-fried vegetables.

Tofu, cooked prawns or leftover diced pork roast can also be added to the mix. While the traditional recipe does not call for egg in the mixture, I find that adding an egg helps the mixture bind better and stops the pancakes from sticking to the pan and flaking. Vietnamese spring roll dipping sauce is available from most supermarkets and Asian grocers.

Ingredients Serves 2 (make 4 pancakes)

- 1 cup white [rice flour](#)
- ½ tsp sea salt flakes
- ½ tsp fresh zested turmeric (or ½ tsp dried powder)
- ½ cup [coconut milk](#)
- 1 egg, free range
- Coconut oil, for frying

For the filling

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- 1 cup mung bean sprouts
- 1 cup shredded [cabbage](#)
- 1 cup mixed stir fry vegetables

To serve

- 4 large oak leaf lettuce leaves
- A few sprigs Thai basil
- Snow pea sprouts
- Vietnamese spring roll dipping sauce
- Lemon wedge, optional

Method

In a large jug, whisk together all pancake ingredients except for coconut oil. Set aside while you prepare the filing.

Blanch bean sprouts, cabbage and vegetables in boiling water. Mix to combine.

To make the pancakes, heat about a tablespoon coconut oil in a medium-sized pan (non-stick is best) over medium heat. Pour in a quarter of the batter and allow the pancake to cook until the edges are turning golden and there are air bubbles visible in the middle. Place a quarter of the filling on half of the pancake, cover the pan and steam for a minute. Fold over the empty pancake half and transfer the pancake to a serving dish. Repeat the process with the remaining batter and filling.

To serve, place each pancake on a lettuce leaf. Add Thai basil and sprouts. Drizzle with Vietnamese spring roll dipping sauce, roll up and enjoy.

Recipe and images: Martyna Angell

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