

Vietnamese Soft Rolls with Crab #FantasticalFoodFight

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-banh-trang-recipe>

Ingredients:

- 1 carrot
- 2/3 cup vinegar
- 1/3 cup hot water
- 1/4 teaspoon ginger grated
- 1/4 cup hoisin sauce
- 2 teaspoons soy sauce
- 1 teaspoon granulated sugar
- 1/2 teaspoon toasted sesame oil
- 1/2 cup cool water
- 1 tablespoon granulated sugar
- 1 tablespoon nam pla fish sauce
- 1 tablespoon lime juice
- 1/4 teaspoon garlic paste
- 8 banh trang rice paper wrappers
- 3 ounces crab legs steamed shelled, or Crab stix surimi
- 4 asparagus spears fresh
- 2 scallions
- lettuce baby, or mesclun
- mint
- basil
- chile paste sambal oelek, or sriracha sauce optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 15 milligrams
4. Fat: 1.5 grams

5. Fiber: 2 grams
 6. Protein: 6 grams
 7. Sodium: 920 milligrams
 8. Sugar: 14 grams
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