

Crispy Vietnamese Pancakes (Banh Xeo)

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-seafood-pancake-recipe>

Ingredients:

- 7/8 cup rice flour
- 1/2 teaspoon turmeric
- 1/4 teaspoon sea salt
- 1/2 cup coconut milk
- 1/2 cup water
- 2 spring onions finely sliced
- vegetable oil
- 1 cup cooked chicken shredded, leftover roast chicken or rotisserie chicken is great
- 1 small carrot julienned into fine strips or coarsely grated
- 11/16 cup bean shoots
- 1 sprig coriander
- mint leaves to serve
- lettuce leaves to serve
- dressing Nuoc cham
- 3 tablespoons fish sauce
- 2 tablespoons white vinegar
- 3 tablespoons sugar
- 1 tablespoon lime juice
- 1 red chilli long, finely chopped
- 2 garlic cloves finely chopped

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 20 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams

6. Protein: 9 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 830 milligrams
 9. Sugar: 9 grams
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