

# FIONA TUCK

NUTRITION WELLNESS YOGA



## Crispy Vietnamese Pancakes with Prawns and Bean Sprouts

### Ingredients:

1 cup rice flour  
1 x 280ml tin coconut milk  
280ml water  
2 tsp ground turmeric  
¼ tsp salt  
100ml vegetable oil  
200g cooked prawns, shelled  
200g pork belly or bacon middle rashers, thinly sliced  
1 clove garlic, finely sliced  
6 spring onions, finely sliced  
2 cups Aussie Sprouts bean sprouts  
½ punnet Aussie Sprouts pea shoots

Prep: 15 minutes (plus  
1 hour resting time)

Cook: 15 mins

Serves: 4

### *Dipping sauce:*

¼ cup fish sauce  
Juice of 2 limes  
¼ cup brown sugar  
2 tbsps sweet chilli sauce

### *To serve:*

Butter or gem lettuce leaves  
1 cup mint leaves  
1 cup coriander leaves  
1 lime, cut into wedges, to serve

### Directions:

1. To make pancake batter, combine rice flour, coconut milk, water, turmeric and salt in a bowl and whisk until smooth. Set aside to rest of 1 hour.
2. To make dipping sauce, whisk all ingredients in a small bowl until combined.
3. Heat 1 tablespoon of oil in a large frying pan over medium heat. Cook prawns, pork belly or bacon, garlic and half the spring onions for 3-4 minutes or until golden. Set aside.
4. Heat another tablespoon of oil in a small frying pan over high heat. Add a half ladleful of batter and swirl around so that it thinly coats the bottom of the pan. Cook for 2-3 minutes until edges are golden and can be lifted off sides of pan.

5. Scatter prawn mixture over half of pancake. Top with a small amount of remaining spring onions, bean sprouts and pea shoots and fold over other half to enclose. Transfer to serving plate and repeat with remaining batter.
  6. Divide rice or quinoa between serving bowls, top with kale, sweet potato, chickpeas and onion, alfalfa, radish and avocados. Sprinkle with sesame seeds and drizzle over tahini dressing. Serve with lemon wedges.
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Image courtesy of Aussie Sprouts, for more information please visit:  
<https://aussiesprouts.com.au/>

