



Bánh Xèo – Vietnamese Rice Omelette wit Green Asparagus

🕒 Preparation time: 15 minutes
👤 Portions: 2
🕒 Cooking time: 15 minutes
🕒 Total time: 30 minutes

Ingredients (serves 2)

For the sauce

- 6 tbsp. gluten free Tamari soy sauce
- 1/2 tsp. sesame oil
- 5-7 g (0.2 oz) freshly grated ginger
- 2 tsp. maple syrup
- 1 tbsp. lime juice
- 1 small crushed garlic clove
- Chili flakes to your taste

For the rice omelet

- 150 g (1 cup, 5.2 oz) rice flour
- 1 tsp. potato starch or cornstarch
- 1/2 tsp. turmeric
- A large pinch of salt
- 200 ml (6.7 oz) creamy coconut milk
- 1,5 tbsp. coconut oil (or another vegetable oil suitable for great heat, e.g. soybean oil or rapeseed oil)
- Optional: 1-2 tsp. crushed coriander
- 4-6 stalks of green asparagus (150 g)
- 1 carrot
- 3-4 scallions
- A bunch of fresh cilantro
- 1 tsp. black sesame seeds for garnish (or black cumin seeds)
- Chili flakes to your taste

Additional topping (optional)

- 3 stalks of green asparagus
- 2 tsp. sesame oil
- 1 small tsp. crushed coriander
- Salt
- 1-2 tsp. lime juice
- 1 tsp. maple syrup

Instructions (about 30 minutes)

1. Let's start with the sauce so that the pancakes and toppings are warm, straight from the pan and quickly come to the table drizzled with the sauce! To prepare the sauce, mix all the ingredients listed in a small bowl. Season the sauce individually with lime juice and maple syrup.
2. For the pancake batter, whisk rice flour, 1 tsp. potato- or corn starch, 1 half tsp. turmeric, a pinch of salt as well as the coconut milk and 120 ml water (no more!). Let the batter sit while preparing the other ingredients.
3. Wash the green asparagus, cut off the hard ends and slice finely with a peeler. This is best done by placing the asparagus on the edge of the work surface so that the peeler can cut deep enough.
4. Also finely shave up the three asparagus spears for the topping. Slice a carrot into fine strips or slice thinly. Wash 1-2 spring onions and cut into strips. Cut another spring onion into small rolls.
5. Heat the coconut oil in a large shallow pan. Sauté the vegetables for the pancake for 2-3 minutes and salt lightly. Pour in on the pancake batter, add 1-2 tsp. of crushed coriander, a handful of fresh cilantro and let the pancake fry at medium heat for about 5 minutes.

6. **Please note:** After about 5 minutes, the pancake should be almost completely stacked and have only a little liquid left on the surface. If not, let it fry gently for another 1-2 minutes. Then turn the pancake in the pan with a swing. If you don't think you can do this, let the pancake glide out of the pan onto a wooden board or plate, then place the pan upside down and turn both so that the surface of the pancake also browns in your pan. Another possibility is to cut the pancake on the board/plate in half with a knife and put the halves upside down in the pan with the help of a spatula to fry the top. If you are using an ovenproof pan, you can leave the pancake surface to rest in the oven for a few minutes at around 200 degrees.
7. For the topping, heat 2 tsp sesame oil in a second pan and fry the asparagus strips for about 3 minutes. Season the asparagus topping with crushed coriander, a pinch of salt, lime juice and a little maple syrup.
8. Put the pancakes on a large plate. Spread the roasted asparagus strips and spring onion rolls over it and drizzle the topping with 3 tbsp. of the prepared sauce. garnish with fresh cilantro and serve hot, sprinkled with black sesame seeds and optionally a few chili flakes.