



**Product Spotlight:  
Mushrooms**

Adding mushrooms is a great way to boost the protein of a dish. Mushrooms are also one of the few natural food sources of vitamin D, which is great for strong, healthy teeth and bones!



# Stuffed Vietnamese Pancakes

with Lime Dipping Sauce

Coconut and turmeric pancakes filled with soy mushrooms, fresh mint and a special blend of “crispy bits” from GH Produce and served with a flavourful lime dipping sauce.



40 minutes



2 servings



Plant-Based

14 July 2023

## Add extra!

*You can crumble in some tempeh or tofu with the mushrooms for added protein!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	16g	83g

## FROM YOUR BOX

PANCAKE MIX	1 packet (110g)
COCONUT MILK	165ml
LIME	1
GARLIC CLOVE	1
BROWN ONION	1
BUTTON MUSHROOMS	300g
CARROT	1
MINT	10g
SNOW PEA SPROUTS	1 punnet
CRISPY BITS	20g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, chilli flakes, sugar (of choice)

## KEY UTENSILS

frypan, large frypan

## NOTES

Vietnamese pancake mix: rice flour, cornflour and ground turmeric.

Coconut oil works well for this dish.

Whisk the batter mixture again before cooking. If you have a smaller pan, use 1/2 cupful of batter for the pancakes.



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### 1. PREPARE THE BATTER

Whisk together pancake mix, coconut milk and **1 cup cold water**. Season with **salt** and set aside in fridge.



### 2. MAKE THE DIPPING SAUCE

Combine zest and juice from 1/2 lime (wedge remaining) with crushed garlic in a small bowl. Stir in **1/2 tbsp soy sauce**, **1/2 tbsp sugar**, **1/4 tsp chilli flakes (optional)** and **1/4 cup water**. Set aside.



### 3. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **oil** (see notes). Slice and add onion and mushrooms. Stir in **1 tbsp soy sauce** and season with **pepper**. Cook for 5 minutes, remove to a plate and keep warm.



### 4. COOK THE PANCAKES

At the same time, heat a second frypan over high heat with **1 tsp oil** (see notes). When pan is hot, add 1 cupful of batter and swirl to coat base of pan. Cook for 4-5 minutes until cooked through and edges are crisp. Slide onto plates to serve. Repeat with remaining batter (makes 3 pancakes).



### 5. PREPARE THE FILLINGS

Meanwhile, julienne or grate the carrot. Pick mint leaves. Set aside with snow pea sprouts.



### 6. FINISH AND SERVE

Fill one side of each pancake with even amounts of mushroom filling, mint, carrot and crispy bits. Fold over and garnish with snow pea sprouts. Serve with lime wedge and dipping sauce.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

