

# Vegan Bánh Xèo

★★★★★ 5 from 7 votes

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Crispy Vietnamese crepes made with rice flour and coconut milk. Filled with sautéed mushrooms, mung bean sprouts, carrots, and tofu! Versatile, easy to make, and delicious!



Prep Time : **30 mins**

Cook Time : **20 mins**

Total Time : **50 mins**



Servings

**2 large or 3 small**  
crêpes

Calories

**184 kcal**

## Ingredients

### Crepes

- 3/4 cup** white rice flour
- 2 tbsp** tapioca starch
- 1/4 tsp** salt
- 1/4 tsp** sugar
- 1/8 tsp** turmeric
- 1/3 cup** coconut milk

- 1/2 cup** water
- 1/4 cup** chopped green onions

## Filling

- 1 tbsp** oil
- 1** small block of tofu cut into thin strips
- 5-6** cremini mushrooms or white button mushrooms, sliced
- 1** small carrot cut into thin matchsticks
- 1 cup** mung bean sprouts

## Dipping Sauce

- 3 tbsp** water
- 1 tbsp** vegan fish sauce
- 1 tbsp** sugar or maple syrup
- 1 tsp** lime juice
- 1/2 clove** of garlic finely minced
- 1/4** Thai chili finely chopped

## Instructions

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- 1 Batter:** In a large mixing bowl, whisk together the white rice flour, tapioca starch, salt, sugar, and turmeric.
- 2** Add the coconut milk, water, and green onions, and whisk until you get a smooth batter. Cover and set aside for at least 15 minutes.

- 3 **Filling:** Heat the tablespoon of oil in a non-stick skillet. Once hot, add the tofu and sauté for about 5 minutes or until golden brown.
- 4 Next, add mushrooms and carrots, and sauté for another 5 minutes. You still want the carrots to be slightly crunchy. Remove from heat and set aside.
- 5 **To make the Bánh Xèo:** heat a teaspoon of oil in a non-stick wok over medium-high heat. Use a kitchen paper towel to spread the oil evenly. Pour about 1/3 cup (or less if using a small wok) of the batter into the skillet and quickly tilt to spread it into an even thin layer.
- 6 Arrange about 1/4 cup of the sautéed mushrooms, tofu, and carrots on one half of the crepe. Top with some mung bean sprouts and cook uncovered for 3-4 minutes or until the crepe is golden brown and crispy.
- 7 Fold the Bánh Xèo in half and transfer to a serving plate. Repeat with the remaining batter and vegetables.
- 8 Serve the Bánh Xèo warm with the dipping sauce and fresh herbs on the side!

## Dipping Sauce

- 1 Combine all of the ingredients in a small bowl and stir to dissolve the sugar.

## Nutrition

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**Serving:** 1 small | **Calories:** 184 kcal | **Carbohydrates:** 23.5 g | **Protein:** 6.3 g | **Fat:** 8.4 g | **Fiber:** 1.4 g | **Sugar:** 2.9 g