

vietnamese asparagus pancakes

This coconut batter is something that I dreamed up, but it fits deliciously into a Vietnamese-style pancake platter, with the essential cucumber and herb salad and hot-sweet sauce. If asparagus is out of season, try using lightly stir-fried beansprouts instead.

2 bunches asparagus,
about 250 g/9 oz total
4 tsp sunflower oil
4 spring onions, sliced

For the batter

4 tbs soy flour
3 organic eggs
100 ml/3½ fl oz canned
coconut milk
½ tsp ground turmeric
large pinch of salt

To serve

½ cucumber, about
150 g/5 oz, sliced
4 fresh coriander sprigs
4 fresh mint sprigs
1 quantity Sweet Chilli
Sauce (see page 132)

Serves 4

Preheat the oven to 120°C/250°F/Gas Mark ½ for keeping warm. Steam the asparagus in a pan or in the microwave for 3 minutes, or until cooked to your liking. Keep warm.

To make the batter, place the flour, eggs, coconut milk, turmeric and salt in a blender and process until smooth. Heat a medium, non-stick frying pan over a medium heat and add 1 tsp oil. Pour in a quarter of the batter in a thin layer and swirl the pan to coat the base. Sprinkle with a quarter of the spring onions before it sets. When golden underneath, flip the pancake over and cook until golden on the other side. Transfer to a plate and keep warm. Make three more pancakes in the same way, adding 1 tsp oil to the pan each time.

To serve, roll a pancake around a bundle of asparagus, starting from the edge. Serve with cucumber, coriander and mint sprigs and a small bowl of sweet chilli sauce.

per serving

carbs: 7 g protein: 14 g calories: 230 fibre: 3.6 g fat: 16 g (saturated fat: 2 g)

Illustrated on page 70.

