

Egg Roll Banh Mi



Preparation time:	15 mins
Serves:	2 people
User Rating:	★★★★★

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Crammed full of all the classic flavours of a Banh Mi but with less bread and more egg. It's higher in protein and fewer carbs than the original, and an easy one to make when you're trying to include more veggies in your diet.

We asked a few of your favourite recipe developers to come up with a bunch of recipes you can easily make at home for less than \$5 per serve! This recipe comes from Masterchef favourite **Hoda Hannaway**.

"This is always on repeat in my household. It's a great way to get my kids involved at mealtimes and eating more veggies. Empower them to choose their own fillings and pick the veggies they like!"



Ingredients

- 4 x-large eggs
- ¼ cup milk
- ½ cucumber, sliced lengthways
- ¼ iceberg lettuce, shredded
- 2 shallots (spring onion), cut into thirds
- 2 birds eye chillis, sliced thinly
- ¼ cup fresh coriander, picked
- Extra virgin olive oil

Pickled carrot

- 1 carrot, grated
- 1 tbsp sugar
- ½ cup white vinegar
- ½ cup water

To Serve

- Kewpie Mayonnaise Maggi Seasoning

Method

1. To make the pickled carrots place grated carrots, sugar, vinegar and water into a bowl and set aside for approximately 30 mins. Alternatively, make this in advance and store in a sterilised jar in the fridge for up to 1 month.
2. Whisk eggs and milk in a small bowl. Place a small non-stick frypan over medium-low heat and add approximately 1 tsp olive oil. Drop ¼ of the egg mixture and swirl around in pan. Cover and allow to cook fully (approx. 1-2 mins)
3. Remove lid and place egg wrap on plate. Repeat the process until all of the egg mixture is used up.
4. To assemble, spread some kewpie mayo on the base of the wrap, top with veggies and add a few drops of Maggi seasoning. Roll up and serve.



