

OKONOMIYAKI (JAPANESE PANCAKES)

FEEDS: 4-6. SEASON: ALL.

In Japanese, okonomi means 'what you like' and yaki means 'cooked' so feel free to add the ingredients you like to these tasty savoury pancakes, or use what you already have.

INGREDIENTS

- ☐ ¼ head of cabbage, finely shredded
- ☐ 1 carrot, grated
- ☐ 1 sweet potato or potato, grated
- ☐ 4 kale leaves, stalks removed and leaves finely shredded
- ☐ 3 eggs
- ☐ 3 tsp salt-reduced soy sauce
- ☐ 4 spring onions, finely sliced
- ☐ ½ cup flour
- ☐ 1 tbsp sunflower oil, for frying

EQUIPMENT

- ☐ measuring cup and spoons
- ☐ chopping board
- ☐ cook's knife
- ☐ grater
- ☐ large bowl
- ☐ medium bowl
- ☐ small bowl
- ☐ whisk
- ☐ mixing spoon
- ☐ frying pan
- ☐ egg flip

WHAT TO DO

1. Place the shredded cabbage, carrot, sweet potato or potato, kale and spring onions into a large bowl.
2. Crack the eggs into the medium bowl and whisk to combine, then add the soy sauce.
3. Shake the flour across the cabbage and other veg and toss to combine, then drizzle the egg mixture over the top and stir to combine.
4. Add sunflower oil into the frying pan and heat over medium to high temperature.
5. Using a tablespoon, place a large spoonful of pancake mixture into the pan and cook until golden and crispy on the bottom. Flip to cook the other side.
6. Serve warm or cold.
7. Season to taste (optional).

