



UCOOK

Best Ever Veggie Okonomiyaki

with fresh coriander & pickled ginger

Okonomiyaki are pan-fried pancakes loaded with cabbage. Our take is topped with tofu pieces doused in a sticky soy, honey & orange sauce. Garnished with pickled ginger, fresh coriander, and served with mayo - Japan in your kitchen!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Isabella Melck

Veggie

Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

30ml	BBQ Sauce
5ml	Gochujang
200ml	Self-raising Flour
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
200g	Cabbage <i>rinse & roughly shred</i>
110g	Non-GMO Tofu <i>drain & cut into chunks</i>
22,5ml	Tofu Sauce <i>(7,5ml Honey & 15ml Low Sodium Soy Sauce)</i>
30ml	Orange Juice
40ml	Mayo
10g	Pickled Ginger <i>drain & roughly chop</i>
3g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. MIX THE BATTER In a bowl, combine the BBQ sauce and the gochujang (to taste). Set aside. In a separate bowl, combine the flour and 100ml of water. Add the spring onion whites, the shredded cabbage, and a pinch of salt. Mix until fully combined.

2. FRYING FRENZY Place a pan over medium-low heat with a drizzle of oil and a knob of butter (optional). When hot, add the cabbage batter and spread out across the pan in an even thickness of about 1cm. Fry until set and golden brown, 6-7 minutes per side. Drain on paper towel. Cover to keep warm.

3. STICKY TOFU Pat the tofu chunks dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. When hot, add the tofu chunks and sear until browned and cooked through, 3-5 minutes per side. In the final 3-5 minutes, baste with the tofu sauce, the orange juice, and 15ml of water.

4. MMMAYO DRIZZLE Loosen the mayo with water in 5ml increments until drizzling consistency.

5. MOUTH-WATERING DINNER! Plate up the okonomiyaki pancake. Drizzle over the BBQ-gochujang sauce (to taste). Top with the sticky tofu (and any remaining sticky sauce) and the chopped pickled ginger. Sprinkle over the spring onion greens and the picked coriander. Drizzle over the mayo. Looks delish, Chef!



Chef's Tip

If you're having trouble flipping the pancake, cover the pan with a plate and flip the pan quickly so that the pancake flips onto the plate. Slide back into the pan.

Nutritional Information

Per 100g

Energy	649kj
Energy	155kcal
Protein	4.8g
Carbs	24g
of which sugars	7.1g
Fibre	1.7g
Fat	4.7g
of which saturated	0.4g
Sodium	205mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Soy

Eat
Within
4 Days