



UCOOK

Okonomiyaki & Sticky Pork Belly

with fresh coriander & pickled ginger


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


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

30ml	Asian BBQ Sauce
5ml	Gochujang
200ml	Self-raising Flour
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
200g	Cabbage <i>roughly shredded</i>
200g	Pork Belly Pieces <i>cut into chunks</i>
22,5ml	Pork Belly Sauce <i>(15ml Low Sodium Soy Sauce & 7,5ml Honey)</i>
30ml	Orange Juice
10g	Pickled Ginger <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & picked</i>
30ml	Kewpie Mayo

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 0.5cm. Fry until set and golden brown, 6-7 minutes per side. Drain on paper towel. Cover to keep warm.

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

4. MOUTH-WATERING DINNER! Plate up the okonomiyaki pancake. Drizzle over the BBQ-gochujang sauce (to taste). Top with the sticky pork belly (and any remaining sticky sauce) and the chopped pickled ginger. Sprinkle over the spring onion greens and the picked coriander. Side with the mayo for dunking.



Chef's Tip

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

Nutritional Information

Per 100g

Energy	808kJ
Energy	193kcal
Protein	7.9g
Carbs	19g
of which sugars	5.6g
Fibre	1.3g
Fat	6.2g
of which saturated	2g
Sodium	158mg

Allergens

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

Cook
within 2
Days