

# QCOOK

## Best Ever Veggie Okonomiyaki

with fresh coriander & pickled ginger

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 3 & 4

**Chef:** Isabella Melck

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	666kJ	4059kJ
Energy	159kcal	972kcal
Protein	4.7g	28.8g
Carbs	23g	141g
of which sugars	6.7g	41.1g
Fibre	1.7g	10.4g
Fat	5.5g	33.8g
of which saturated	0.5g	2.9g
Sodium	205mg	1249mg

**Allergens:** Gluten, Allium, Wheat, Sulphites, Soy, Sugar  
Alcohol (Sweetener)

**Spice Level:** Moderate

Eat Within 4 Days



## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	125ml	BBQ Sauce
15ml	20ml	Gochujang
600ml	800ml	Self-raising Flour
2	2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
600g	800g	Cabbage <i>rinse &amp; thinly slice</i>
330g	440g	Non-GMO Tofu <i>drain &amp; cut into chunks</i>
67,5ml	90ml	Tofu Sauce <i>(22,5ml [30ml] Honey &amp; 45ml [60ml] Low Sodium Soy Sauce)</i>
90ml	125ml	Orange Juice
150ml	200ml	Vegan Mayo
45g	60g	Pickled Ginger <i>drain &amp; roughly chop</i>
8g	10g	Fresh Coriander <i>rinse &amp; pick</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Seasoning (salt & pepper)  
Plant-based Butter Alternative

**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 300ml [400ml] of water. Add the spring onion whites, the 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 plant-based butter (optional). When hot, add  $\frac{1}{3}$  [4] 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. Repeat this process until you have 3 [4] pancakes.

**3. STICKY TOFU** Pat the tofu dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. Fry 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 45ml [60ml] 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 pickled ginger. Sprinkle over the spring onion greens and the 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.