

UCOOK

Peking Veggie Pancakes

with mushrooms & spring onions

We all know peking duck, but have you tried peking veggie? Delicious vegetable-packed pancakes; all the flavour, none of the duck! They are filled with tender mushrooms, sliced cabbage, and fresh cucumber. It is finished off with spicy mayo and black sesame seeds. You won't believe how tasty this meat-free dish is!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

🍷 Veggie

🍷 Boschendal | Boschen Blanc

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Ingredients & Prep

250g	Button Mushrooms <i>wiped clean & quartered</i>
30ml	Peking Sauce <i>(15ml Sherry & 15ml Asian BBQ Sauce)</i>
30ml	That Mayo (Vegan)
7,5ml	Sriracha Sauce
100g	Cabbage <i>thinly sliced</i>
7,5ml	NOMU Oriental Rub
4	Pancakes
100g	Cucumber <i>sliced into matchsticks</i>
1	Spring Onion <i>finely sliced</i>
5ml	Black Sesame Seeds

From Your Kitchen

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

1. MUSHIES Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the quartered mushrooms for 3-5 minutes until soft and golden, shifting as they colour. You may need to do this step in batches, adding more oil and butter between batches. In the final 1-2 minutes, add all the mushrooms back to the pan and add the peking sauce. Toss until the mushrooms are fully coated in the sauce. Remove from the pan on completion, place in a bowl, and season to taste.

2. FLASH FRY In a small bowl, combine the mayo and the sriracha (to taste). Set aside. Return the pan to a medium-high heat, wiped down if necessary, with a drizzle of oil. When hot, add the sliced cabbage and fry for 2-3 minutes until wilted but still crunchy, shifting occasionally. In the final minute, add the rub. Remove from the heat and season to taste.

3. FINAL TOUCHES Return the pan to a medium heat, wiped down if necessary, and warm the pancakes for 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat in the microwave for 30-60 seconds.

4. PANCAKE NIGHT! Assemble the peking veggie pancakes! Smear on the spicy mayo (to taste). Top with the saucy mushrooms, the sautéed cabbage, and the cucumber matchsticks. Scatter over the sliced spring onion and garnish with a sprinkle of the sesame seeds.

Nutritional Information

Per 100g

Energy	1454kJ
Energy	348Kcal
Protein	12.2g
Carbs	16g
of which sugars	2.2g
Fibre	6.9g
Fat	23.8g
of which saturated	3.6g
Sodium	236mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Alcohol, Soy

Cook
within 3
Days