

QCOOK

Best Ever Veggie Okonomiyaki

with fresh coriander & pickled ginger

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

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 1	[Serves 2]	
30ml	60ml	BBQ Sauce
5ml	10ml	Gochujang
200ml	400ml	Self-raising Flour
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
200g	400g	Cabbage <i>rinse & thinly slice</i>
110g	220g	Non-GMO Tofu <i>drain & cut into chunks</i>
22,5ml	45ml	Tofu Sauce <i>(7,5ml [15ml] Honey & 15ml [30ml] Low Sodium Soy Sauce)</i>
30ml	60ml	Orange Juice
50ml	100ml	Vegan Mayo
15g	30g	Pickled Ginger <i>drain & roughly chop</i>
3g	5g	Fresh Coriander <i>rinse & 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 100ml [200ml] 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 all [½] 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 with the remaining batter.]

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 15ml [30ml] 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.