



OLD WAYS ARE
OUR FUTURE WAYS

OKONOMIYAKI

Japanese savoury pancake

If you have other frozen or fresh veggies or leftover meats that need using - chuck them in!

COOK TIME: 15 MINS
RECIPE SERVES: 1



INGREDIENTS

- 150g shredded cabbage (about 1 ½ cups)
- Spring onion sliced
- ½ cup SR flour
- 1 egg
- ¼ cup water
- Spray oil
- Kewpie Mayonnaise
- BBQ sauce

Optional:

- Pickled ginger slices
- Prawns, fish/tuna, shredded chicken or pork
- Mushrooms, wombok, chives, leafy greens or frozen veg
- Furikake to serve

METHOD

- Combine flour and water in bowl.
- Add shredded cabbage, egg and any optional extras. Mix well.
- Stir in a sprinkle of spring onion.
- Heat pan and spray with oil
- Pour batter into pan and spread out evenly with the back of a spoon.
- Cook until the bottom begins to brown and the sides begin to set.
- Flip the pancake and continue to brown the other side.
- Transfer to a plate and serve with a squeeze of mayo and BBQ sauce (as pictured)
- Sprinkle with furikake if available.



RECIPE
scan here
to access!