



Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add it to hot water for a delicious herbal tea.



Ginger Okonomiyaki with Poached Eggs

Japanese-style pancakes made with coleslaw and fresh ginger and served with fresh toppings, poached eggs and Australian-made BBQ sauce.



30 minutes



2 servings



Vegetarian

16 June 2023

Spice it up!

Add a squeeze of mayonnaise on top of the okonomiyaki to serve. You can add your favourite chilli sauce, slices of fresh chilli or a sprinkle of dried chilli flakes.

Per serve: **PROTEIN** 24g **TOTAL FAT** 11g **CARBOHYDRATES** 54g

FROM YOUR BOX

RICE FLOUR	50g
FREE-RANGE EGGS	6-pack
BBQ SAUCE	1 bottle
GINGER	1 piece
SPRING ONIONS	1 bunch
COLESLAW	1 bag (250g)
RED CAPSICUM	1
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, rice wine vinegar (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute rice wine vinegar with white wine vinegar.

Use 2 frypans to cook the okonomiyaki to speed up the cooking process.

Cupfuls of mixture will give you 8 okonomiyaki.

Poaching eggs for 3 minutes will give you soft, runny yolks. Cook for 6 minutes for hard yolks.



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1. PREPARE OKONOMIYAKI MIX

Bring a saucepan of water to a boil.

Add rice flour to a large bowl along with 1 egg, 2 tsp BBQ sauce, and 1/2 cup water. Whisk to combine.



2. ADD THE VEGETABLES

Peel and grate ginger. Finely chop spring onions (reserve green tops for step 5). Add to bowl with okonomiyaki mix along with coleslaw. Season with salt and pepper. Mix to combine.



3. COOK THE OKONOMIYAKI

Heat a large frypan (see notes) over medium-high heat with oil. Add cupfuls of okonomiyaki mix to pan, in batches, and cook for 3-4 minutes each side until golden.



4. POACH THE EGGS

Meanwhile, crack eggs (use eggs to taste) into saucepan of boiling water. Poach eggs for 3-6 minutes (see notes). Use a slotted spoon to remove the eggs and drain on paper towel or a clean dish towel.



5. MAKE THE TOPPING

Slice capsicum and halve snow pea sprouts. Add to a bowl along with reserved spring onion green tops and 1 tsp vinegar. Toss to combine.



6. FINISH AND SERVE

Divide okonomiyaki among plates. Drizzle over BBQ sauce, add toppings and poached eggs.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

