



### Product Spotlight: Island Curries

Based in Tasmania, Island Curries make quality curry pastes using the best ingredients. Their products are full of flavour, gluten and allergen-free, with no added preservatives. We love their Korean BBQ sauce, used in this recipe. Find their other great products on Marketplace.



## Korean Chive Pancakes with Cucumber Salad

Korean pancakes get a plant-based twist! Made with a lentil batter, cabbage, carrot and chive, and served with a fresh cucumber and avocado salad and a ginger dipping sauce.



40 minutes



2 servings



Plant-Based

### Spice it up!

Add the dipping sauce ingredients to a stick mixer or small blender, along with a red chilli, a few drops of your favourite hot sauce, or authentic Korean gochujang. Blend to a smooth consistency to make a spicy dipping sauce.

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	23g	26g	58g

## FROM YOUR BOX

RED LENTILS	100g
GINGER	1 piece
GARLIC CLOVE	1
TERIYAKI SAUCE	1 sachet
KOREAN BBQ SAUCE	1 sachet
LEBANESE CUCUMBER	1
AVOCADO	1
SHREDDED CABBAGE	250g
CARROT	1
CHIVES	1 bunch
FRIED SHALLOT & PEANUT MIX	60g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, sugar of choice, sesame oil

## KEY UTENSILS

large frypan, saucepan, stick mixer (or small blender)

## NOTES

Drain lentils for minimum of 5 minutes to remove as much liquid as possible.



### 1. BOIL THE LENTILS

Place **lentils** in a saucepan and cover with water. Bring to a boil and simmer for 8–10 minutes until lentils are soft. Drain well (see notes).



### 2. MAKE THE DIPPING SAUCE

Peel and grate **ginger**, crush **garlic**. Add a quarter of each to a bowl along with **teriyaki sauce** and **1 tbsp water**. Mix to combine.



### 3. MAKE THE SALAD

Add **Korean sauce**, **1 tsp sugar** and **2 tsp sesame oil** to a bowl, mix to combine. Slice **cucumber** and dice **avocado**. Add to bowl and mix to combine.



### 4. MAKE THE PANCAKES

Blend lentils and **2 tbsp cornflour** to a smooth paste.

Grate **carrot** and thinly slice **chives** (reserve some for garnish). Add to a bowl along with **cabbage**, blended lentils, **salt and pepper**. Mix to combine.



### 5. COOK THE PANCAKES

Heat a large frypan over medium–high heat with **oil** to coat base of pan. Add 1/4 cupfuls of mixture to pan and cook for 4 minutes. Flip and cook for 3–4 minutes on other side until golden. Remove to a plate and repeat with remaining batter.



### 6. FINISH AND SERVE

Serve pancakes, salad and dipping sauce on a platter. Garnish with reserved chives and **shallot & peanut mix**. Serve tableside for sharing.



Scan the QR code to  
submit a Google review!

**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**

