

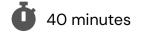




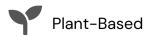
# **Korean Chive Pancakes**

# 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.







# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

64g

#### **FROM YOUR BOX**

RED LENTILS	2x 100g
GINGER	1 piece
GARLIC CLOVES	2 sachets
TERIYAKI SAUCE	2 sachets
KOREAN BBQ SAUCE	2 sachets
LEBANESE CUCUMBERS	2
AVOCADOS	2
GREEN CABBAGE	1/2
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 3 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 **3 tbsp cornflour** to a smooth paste.

Thinly slice cabbage, grate carrot and thinly slice chives (reserve some for garnish). Add to a bowl along with 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.

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