



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



4 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: **PROTEIN** 29g **TOTAL FAT** 45g **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.



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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).



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.



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.



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.



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.



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.

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**

