



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



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.



30 minutes



4/6 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** 23g **TOTAL FAT** 23g **CARBOHYDRATES** 68g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED LENTILS	200g	200g + 100g
GINGER	1 piece	1 piece
GARLIC CLOVES	2	3
TERIYAKI SAUCE	2 sachets	3 sachets
KOREAN BBQ SAUCE	2 sachets	2 sachet
LEBANESE CUCUMBERS	2	3
AVOCADOS	2	3
GREEN CABBAGE	1/2	2 x 1/2
CARROT	1	2
CHIVES	1 bunch	1 bunch
FRIED SHALLOT & PEANUT MIX	60g	60g + 30g

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).



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.

6P - blend lentils and 4 tbsp cornflour to a smooth paste.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**



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.

6P - use 1 1/2 tsp sugar and 1 tbsp sesame oil.



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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