



### Product Spotlight: Seaweed


Seaweeds aren't actually plants, they are a type of algae. They have no roots, leaves or stems to transport water or nutrients. The only similarity between them and plants is that they rely on sunlight to create energy through photosynthesis.



## 3 Okonomiyaki with Crispy Enoki Mushrooms

Japanese-style pancakes made from Brussels sprouts and zucchini, served with enoki mushrooms, fresh vegetables, barbecue sauce and seaweed.

 30 minutes

 2 servings

 Plant-Based

29 October 2021

## What is it?

*Okonomiyaki is a Japanese-style pancake. Okonomi means 'whatever you like' while maki means grilled. Meaning you can top this pancake with whatever you like; avocado, edamame beans, fried eggplant. Drizzle over some hot sauce to finish.*

Per serve: **PROTEIN** 12g **TOTAL FAT** 8g **CARBOHYDRATES** 79g

## FROM YOUR BOX

OKONOMIYAKI MIX	1 packet (70g)
ZUCCHINI	1/2 *
BRUSSELS SPROUTS	1 bag (200g)
SPRING ONIONS	1/3 bunch *
GINGER	1 piece
BARBECUE SAUCE	1/2 jar *
ENOKI MUSHROOMS	1 packet (200g)
CARROT	1
SUGAR SNAP PEAS	1/2 bag (75g) *
SEAWEED	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, rice wine vinegar

## KEY UTENSILS

2 frypans

## NOTES

The okonomiyaki mix is made up of rice flour, flax seeds and sesame seeds.

If you have a food processor with a grater attachment, you can use that to prepare all of your vegetables.

We used sesame oil for extra flavour.



### 1. PREPARE OKONOMIYAKI

Add okonomiyaki mix (see notes) to a large bowl. Pour in **1/2 cup hot water**. Stir to combine. Leave to sit for a minimum of 5 minutes.



### 2. ADD THE VEGETABLES

Grate zucchini. Thinly slice Brussels sprouts and spring onions (reserve green tops for garnish). Peel and grate ginger to yield 3/4 tbsp. Add to okonomiyaki mix along with **1/2 tbsp** of the barbecue sauce. Stir to combine. Season with **salt and pepper**.



### 3. COOK OKONOMIYAKI

Heat a frypan over medium-high heat with **oil**. Add 1 cupful of batter for each fritter to pan and cook for 3-4 minutes each side or until browned. Remove to plates to serve.



### 4. COOK THE MUSHROOMS

Heat a second frypan over medium-high heat with **oil**. Trim mushrooms and add to pan in batches. Cook for 4-5 minutes until golden and crispy. Remove to a plate. Season with **salt and pepper**.



### 5. PREPARE FRESH TOPPING

Julienne or grate carrot. Trim and slice sugar snap peas. Toss in a bowl with **1 tsp vinegar**. Thinly slice seaweed and set aside.



### 6. FINISH AND SERVE

Drizzle barbecue sauce over okonomiyaki to taste. Add crispy mushrooms and prepared toppings. Garnish with reserved spring onion green tops.

**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**

