



Product Spotlight: Rice Flour

Rice flour is made from finely milled rice, making it naturally gluten-free. It's incredibly versatile; creating crisp coatings, airy batters and even desserts such as cookies, pancakes, and brownies.



Okonomiyaki with Pork Belly Strips

Crispy okonomiyaki-style cabbage and sweetcorn pancakes made with a light gluten-free flour blend, topped with golden pork belly strips and finished with sriracha mayo, sesame seeds and crunchy seaweed.

 35 minutes

 Pork

 4/6 servings

Bake it!

The pancakes can be baked in the oven instead of cooked in a frypan. Set oven to 220°C, oil a lined oven tray, add pancakes, and drizzle oil over the top of pancakes. Bake for 20–30 minutes, flipping half way, until pancakes are golden brown.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	19g/22g	59g/71g	36g/38g

FROM YOUR BOX

	4 PERSON	6 PERSON
GINGER	1 piece	1 piece
SPRING ONIONS	1 bunch	2 bunches
CORN COBS	2	3
PORK BELLY STRIPS	600g	600g + 300g
SHREDDED WHITE CABBAGE	500g	500g + 250g
RICE FLOUR + POTATO STARCH MIX	160g	160g + 80g
SEAWEED SNACK	1 packet	2 packets
SRIRACHA MAYO	2 sachets	3 sachets
MIXED SESAME SEEDS	20g	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, sugar of choice, rice wine vinegar

KEY UTENSILS

2 frypans

NOTES

Trimming pork rind is optional but recommended for this quicker method as it won't crisp in pan. To keep rind on, roast strips longer in oven or use air fryer for crispy skin.



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1. PREPARE THE INGREDIENTS

Peel and grate **ginger**, thinly slice **spring onions** (reserve green tops for garnish), and remove **corn kernels** from **cobs**.



2. MARINATE THE PORK

Combine **2 tsp sugar**, **2 tbsp soy sauce**, **2 tbsp vinegar** in bowl. Trim rind off **pork belly strips** (see notes), add to **sauce**, turn to coat. Set aside.

6P – add **3 tsp sugar**, **3 tbsp soy sauce**, **3 tbsp vinegar** to bowl.



3. MIX THE PANCAKES

Add **cabbage**, **ginger**, **spring onions** and **corn** to a large bowl. Season well with **salt and pepper**. Sprinkle in **flour**, add **¾ cup water**. Mix until a thick **batter** that lightly coats the **vegetables**, without being runny forms.

6P – add **1 1/4 cup water**.



4. COOK THE PANCAKES

Heat a large frying pan (see cover note) over medium heat with **oil**. In batches, add cupfuls of **pancake mixture** to the pan. Cook, covered, for 6 minutes. Uncover, flip and cook for 4–6 minutes until browned all over (see step 5).



5. COOK THE PORK

While **pancakes** cook, heat a second frypan over medium heat. Add **pork belly** and cook for 4 minutes on one side. Flip, pour in **marinade**, and cook for 3–4 minutes until caramelised and cooked through.



6. FINISH AND SERVE

Tear or slice **seaweed**.

Divide **pancakes** among plates. Top with **pork belly**, **sriracha mayo**, **sesame seeds**, **seaweed** and **spring onion green tops**.

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