



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 Smoked Chicken

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

 30 minutes

 2 servings

 Chicken

29 October 2021

What is it?

Okonomiyaki is a Japanese-style pancake. Okonomi means 'whatever you like' and maki means 'grilled'. Meaning you can top this pancake with whatever you like; egg, prawns, left over roast pork. Drizzle over some mayonnaise and hot sauce.

Per serve: **PROTEIN** 38g **TOTAL FAT** 13g **CARBOHYDRATES** 65g

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 *
CARROT	1
SUGAR SNAP PEAS	1/2 bag (75g) *
SMOKED CHICKEN BREAST	1 packet (250g)
SEAWEED	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, rice wine vinegar

KEY UTENSILS

large frypan

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 to a large bowl (see notes). 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 barbecue sauce. Stir to combine. Season with **salt and pepper**.



3. COOK OKONOMIYAKI

Heat a large 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. PREPARE FRESH TOPPING

Julienne or grate carrot. Trim and slice sugar snap peas. Shred smoked chicken. Toss in a bowl with **3/4 tbsp vinegar** until well combined.



5. FINISH AND SERVE

Thinly slice or tear seaweed. Drizzle barbecue sauce over okonomiyaki to taste, add prepared toppings. Garnish with reserved spring onion green tops and seaweed.

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**

