



JAPANESE VEGETABLE PANCAKES



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Preparation 15 mins | Cooking 20 mins | Makes 2 as main, or 4 as entree

- 1 cup plain flour
- 2 free-range eggs
- 1 cup iced water
- Pinch of salt
- 3 cups shredded savoy cabbage
- 1 carrot, peeled and coarsely grated
- 2 green onions (shallots), finely sliced, plus extra to garnish
- 2 tbs vegetable oil
- 2 tsp sesame oil
- Kewpie mayonnaise and kecap manis (sweet soy sauce), to serve

STEP 1 Place flour, eggs, water and salt into a large bowl and whisk until a smooth batter forms. Stir in cabbage, carrot and green onion. Stand for 5 minutes.

STEP 2 Heat 1 tbs vegetable oil and 1 tsp sesame oil in a large (base about 23cm) frying pan over medium-high heat. Add half of the cabbage mixture to pan, forming a large pancake. Cook for 4-5 minutes or until golden brown, carefully flip and cook for a further 4-5 minutes or until cooked through. Transfer to a plate and cover with foil to keep warm. Repeat with remaining vegetable oil, sesame oil and batter to make two pancakes.

STEP 3 Place pancakes on serving plates, scatter with extra green onions. Drizzle with mayonnaise and kecap manis and serve.

Good for you... **CABBAGE**

An excellent source of vitamin C, which contributes to the normal functioning of our immune system. Provides folate, one of the B group vitamins that is needed for normal formation of blood cells. A source of dietary fibre, which helps the intestine to function normally and keep us regular.



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