



Korean zucchini pancakes

with kimchi-style salad



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan



Pantry items needed: vegetable oil, salt



Hands-on: 20 minutes
Ready in: 25 minutes



Serves: 2 or 4

A crispy vegetable pancake made from zucchini, capsicum, green onions and golden flaxseed. Our quick kimchi-style salad makes the perfect pairing for a Korean taste sensation!

CALORIE SMART | NUT FREE | Adventurous, Spicy (mild)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Garlic	4g	8g
Spring onion	30g	60g
Wombok	225g	450g
Zucchini	200g	400g
Capsicum	200g	400g
Kimchi-style dressing	1 tub	1 tub
Flaxmeal	1 packet	1 packet
Water for flax meal*	2 tbsp	4 tbsp
Plain flour	1 packet	1 packet
Salt*	½ tsp	1 tsp
Water for pancake*	2 cups	4 cups
Vegetable oil*	2 tbsp	4 tbsp
Dipping sauce	1 tub	1 tub
Toasted sesame seeds	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Mince **garlic**. Finely slice **spring onion**, separating the white and green parts. Roughly chop **wombok** into 2cm pieces. Slice **zucchini** lengthways into 4 strips and then cut each strip widthways into ½cm pieces to form short strips. Deseed, halve lengthways and thinly slice **capsicum**.

2. Assemble salad

In a bowl, place **garlic**, green part of **spring onions**, **wombok** and **kimchi-style dressing** and massage using your hands until crushed and tender, about 1 minute (tip 1).

3. Make pancake batter

Preheat oven to 100C. In a small bowl, mix **flaxmeal** and **water for flaxmeal*** together until a thick mixture forms. In a medium bowl, add **plain flour**, **salt***, **flaxmeal** and **water for pancake*** and whisk until smooth, about **15 seconds**. Fold through white part of **spring onion**, **zucchini** and **capsicum**.

4. Cook pancakes

In a large frying pan over medium heat, add **vegetable oil*** (**1 tbsp per pancake**) (tip 2). When hot, add a portion of **pancake mixture** to the pan (**½ for 2 serves** and **¼ for 4 serves**). Cook until golden brown, about **7 minutes** on each side. Repeat until all pancakes are cooked. Place cooked pancakes into oven to keep warm until all pancakes are cooked.

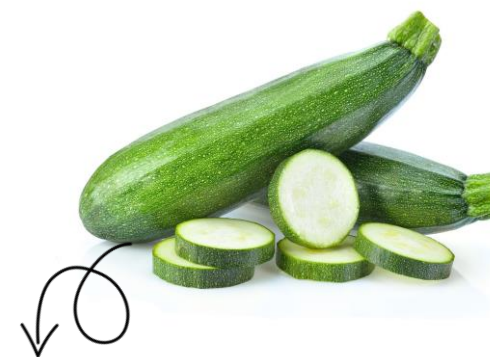
5. Serve

Serve **pancakes** onto plates with **salad** and **dipping sauce** on the side and a sprinkle of **sesame seeds**.

Cooking tips

1. Wash your hands immediately after mixing this salad as it contains Korean pepper. Alternatively, wear gloves.
2. This recipe makes 1 pancake per person.

Eat your way
to healthy!



Zucchini are rich in fibre and multiple antioxidants, vitamins and minerals, including lutein, manganese, potassium, magnesium and vitamins A, C, B9 and K.

Zucchini have been linked to a variety of health benefits, including improved digestion, heart and eye health, improved weight and blood sugar management, lowered risk of diabetes and certain cancers and overall enhanced immunity.

Nutritional information*

	Per 495g serve	Per 100g
Energy	2326kJ (556Cal)	470kJ (112Cal)
Protein	16.1g	3.2g
Fat, total	20.7g	4.2g
- Saturated	2.9g	0.6g
Carbohydrate	69.6g	14.1g
- Sugars	10.3g	2.1g
Sodium	2394mg	484mg

* Nutritional information is based on averages