



Crispy mince okonomiyaki

with pickled carrot



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray (4 serves), large non-stick frying pan



Pantry items needed: rice wine vinegar / white vinegar, brown rice syrup / caster sugar, salt, vegetable oil



Hands-on: 20 minutes
Ready in: 35 minutes



Serves: 2 or 4

The name okonomiyaki is derived from the word okonomi, meaning "how you like" so you can change what you serve it up with. For this variation, we have chosen crispy mince and carrot pickles! Rich mayonnaise and sweet tonkatsu sauce complete this delicious Japanese dish.

HIGH PROTEIN | Adventurous, Naughty but nice

Before you start

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

Ingredients

	2 serves	4 serves
Carrot	120g	240g
Rice wine vinegar / white vinegar*	¼ cup	½ cup
Brown rice syrup / caster sugar*	1 tbsp	2 tbsp
Salt*	1 tsp	2 tsp
White potato	150g	300g
Green cabbage	300g	600g
Spring onion	30g	60g
TVP mince	1 packet	1 packet
Vegetable stock cube	1	2
Boiling water*	120ml	240ml
Water*	180ml	320ml
Okonomiyaki dry mix	1 packet	1 packet
Panko breadcrumbs	1 packet	1 packet
Vegetable oil*	2 tbsp	4 tbsp
Tonkatsu sauce	1 tub	1 tub
Mayonnaise	1 tub	1 tub
Okonomiyaki topping	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. Make pickle

Peel **carrot**, halve lengthways and thinly slice. In a bowl, combine **vinegar***, **brown rice syrup / sugar*** and **salt*** and whisk until dissolved. Add **carrot** and allow to pickle, stirring occasionally. Drain liquid just before serving.

2. Prepare ingredients

Grate **potato** (unpeeled). Very finely shred **cabbage**. Thinly slice **spring onion**. In a bowl, add **TVP**, **stock cube/s** and **boiling water*** and allow to stand for **5 minutes**. Drain into a sieve to remove excess liquid.

3. Make batter

In a large bowl, add **water*** and **okonomiyaki dry mix** and whisk until smooth. Fold through **potato**, **cabbage** and **panko breadcrumbs** until well coated.

4. Cook okonomiyaki

For **4 serves**, preheat oven to 100°C and line a baking tray. In a large non-stick frying pan (use two frying pans for 4 serves) over medium heat, add **vegetable oil***. When hot, add a portion of the **TVP (½ for 2 serves and ¼ for 4 serves)** in a 20cm-wide circle and carefully top with **batter (½ for 2 serves and ¼ for 4 serves)** and cook until golden brown, about **6 minutes**. Flip over using a large spatula (see tip) and cook for a further **6 minutes**. Repeat until all **okonomiyaki** are cooked. For 4 serves, place cooked **okonomiyaki** onto prepared tray and into the oven to keep warm.

5. Serve

Serve **okonomiyaki** onto large plates and drizzle over **tonkatsu sauce** and **mayonnaise**. Top with **okonomiyaki topping**, **spring onion** and **carrot pickle**.

Cooking tip

If your spatula is not large enough to flip okonomiyaki over without breaking it, you can flip the okonomiyaki using a plate. Gently loosen the okonomiyaki from the pan and slide onto a plate. Firmly holding the frying pan upside down on top of the plate, quickly flip over, so the uncooked side can be cooked.

Eat your way
to healthy!



Soybeans, used in tofu and many other soy products, are composed of mainly protein and are among the best plant-based sources of protein, with 1 cup yielding almost 30g of protein!

Studies show the compounds present in soybeans, called isoflavones, may be responsible for preventing prostate and breast cancers, alleviate menopausal symptoms in some women and reduce the risk of osteoporosis.

Nutritional information*

	Per 565g serve	Per 100g
Energy	3628kJ (868Cal)	642kJ (154Cal)
Protein	35.5g	6.3g
Fat, total	35.5g	6.3g
- Saturated	3.7g	0.7g
Carbohydrate	94.0g	17.0g
- Sugars	33.0g	6.0g
Sodium	2091mg	370mg

* Nutritional information is based on averages