

# Japanese pancakes (okonomiyaki)



KATE WENGIER - FOOST

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## Ingredients

1/4 of a small cabbage

2 carrots

1 zucchini

3/4 cup water

3 eggs

1 cup wholemeal flour

Sunflower oil (or your favourite veggie oil) for frying

Spring onion to garnish

Mayonnaise, just a little

### **Method**

1. Cut cabbage as finely as you can (or pop into a food processor)
2. Grate carrots and zucchini.
3. In a bowl mix together veggies, water, egg and flour.
4. Heat a teaspoon of oil in a pan on medium heat.
5. Spoon mixture into pan to make small pancakes.
6. Turn after 3-4 minutes or when pancakes are golden and crisp
7. Cook for another 3-4 minutes
8. Repeat with remaining mixture
9. To serve, top with some mayonnaise and spring onion

This recipe was provided by **Kate Wengier**, Founder and Dietitian, [Foost](#)