KIKKOMAN

Okonomiyaki "Japanese Savoury Pancake" vegetarian

Total time **30 mins** **30 mins** preparation time

Nutritional facts (per portion):
2,443 kJ / 583 kcal

Fat: **28.6 g** Protein: **29.8 g**
Carbohydrates: **48.5 g**

INGREDIENTS

2 portion(s)

For the vegetarian okonomiyaki sauce:

3 tbsp	ketchup
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	blueberry jam
1 pinch	each of salt, pepper, nutmeg, caraway
100 g	pointed cabbage
50 g	courgette
0.25	red pepper
2	spring onions
2 tbsp	sweetcorn (canned)
2 tbsp	vegetable oil
2 tbsp	fried onions
2.5	chive stems

For the batter:

300 g	tofu (soft type)
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
6 tbsp	cornflour / potato starch

PREPARATION

Step 1

For the vegetarian Okonomiyaki sauce place all the ingredients in a bowl and mix to a smooth sauce with a hand mixer.

Step 2

Clean the pointed cabbage, courgette and peppers, cut into strips of about 3 cm and wash. Clean spring onions, cut into 2-3 mm thin rings and wash.

Step 3

For the batter, puree the tofu with a hand mixer and mix well with instant vegetable stock and cornflour/potato starch. Add the prepared vegetables and sweetcorn and mix.

Step 4

Heat 1 tbsp of oil in a large frying pan (min. 32 cm Ø), add half of the batter-vegetable mixture to the pan, spread the vegetables evenly and form the mixture into two circles of approx. 15-18 cm with a spatula. Sprinkle with 1 tbsp of fried onions and fry over medium heat for 2-3 minutes.

Step 5

Turn over carefully with a spatula and fry for 2-3 more minutes (reduce heat slightly). Prepare the second pancakes in the same way. Wash the chives, dab dry and finely chop.

Step 6

Place the okonomiyaki on two plates with the vegetable side up and spread with the vegetarian okonomiyaki sauce. Sprinkle with chives and serve.