




### Product Spotlight: Tare


Traditionally, tare is the 'secret sauce' that gives ramen soup its complex flavour. The Ugly Mug uses miso, sake, mirin and salt in its tare. We love its deep flavour and many applications, and we think you will too!



## F2 Baked Okonomiyaki with Grilled Chicken Thighs

Japanese pancakes, baked for easy preparation, served with grilled chicken thigh fillets, fresh toppings and miso-based tare sauce.

 30 minutes

 2 servings

 Chicken

2 September 2022

## Spice it up!

*Serve the okonomiyaki with BBQ sauce, mayonnaise, shredded nori sheets and dried chilli flakes.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 32g **CARBOHYDRATES** 60g

## FROM YOUR BOX

GINGER	1 piece
TARE	1 sachet (50g)
OKONOMIYAKI MIX	1 packet (80g)
SPRING ONIONS	1 bunch
COLESLAW	1 bag (250g)
CHICKEN THIGH FILLETS	300g
RED CAPSICUM	1
SNOW PEA SPROUTS	1 punnet

## FROM YOUR PANTRY

sesame oil, pepper

## KEY UTENSILS

baking dish, griddle pan

## NOTES

The okonomiyaki mix is made up of rice flour, flax seeds and white sesame seeds.

We used a baking dish that is 25cm x 15cm. We recommend this approximate size to make the okonomiyaki mixture quite flat when you spread it out; this will help form a nice crust while baking and stop the centre from being doughy. Alternatively, use an oven tray.

You can use the BBQ or a frypan for cooking the chicken in place of a griddle pan.



### 1. PREPARE THE SAUCE

Set oven to 220°C.

Peel and grate ginger to yield 2 tsp. Add to a bowl along with tare, **2 tsp sesame oil** and **1 tbsp water**. Stir to combine.



### 2. PREPARE OKONOMIYAKI

Add okonomiyaki mix to a large bowl along with **1/2 cup of water**. Thinly slice spring onions (reserve some green tops for step 5). Add to bowl along with coleslaw, 1 tbsp prepared sauce and **pepper**. Stir well to combine.



### 3. BAKE THE OKONOMIYAKI

Drizzle **sesame oil** in base of baking dish (see notes). Pour okonomiyaki mixture into baking dish and spread out evenly. Drizzle **sesame oil** over the top and bake for 20-25 minutes until golden and crispy on top.



### 4. GRILL THE CHICKEN

Heat a griddle pan (see notes) over medium-high heat with **sesame oil**. Coat chicken in 2 tbsp prepared sauce. Add to griddle and cook for 6-8 minutes each side or until cooked through.



### 5. PREPARE THE TOPPINGS

Thinly slice capsicum. Halve snow pea sprouts. Toss in a bowl along with reserved spring onion green tops.



### 6. FINISH AND SERVE

Cut okonomiyaki into large pieces. Divide among plates. Drizzle over remaining sauce. Add toppings and serve with grilled chicken.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

