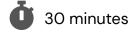




## Baked Okonomiyaki

### with Grilled Chicken Thighs

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







# Spice it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

38g 32g

#### FROM YOUR BOX

| GINGER                | 1 piece         |
|-----------------------|-----------------|
| TARE                  | 1 sachet (100g) |
| OKONOMIYAKI MIX       | 1 packet (140g) |
| SPRING ONIONS         | 1 bunch         |
| COLESLAW              | 1 bag (450g)    |
| CHICKEN THIGH FILLETS | 600g            |
| 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 35cm x 25cm. 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. Add to a bowl along with tare, 1 tbsp sesame oil and 1-2 tbsp water. Stir to combine.



#### 2. PREPARE OKONOMIYAKI

Add okonomiyaki mix to a large bowl along with 1 cup of water. Thinly slice spring onions (reserve some green tops for step 5). Add to bowl along with coleslaw, 2 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



