

Japanese Okonomiyaki

with Dressed Mizuna & Garlic-Lemon Sauce

What's in a name? In this case, a lot. Okonomiyaki is a savory kind of pancake. The word in Japanese means "What you want." And we couldn't agree more. The light, fluffy batter for this fabulous, crispy dish is made with the season's freshest produce. As a finishing touch, you'll drizzle two different kinds of homemade sauce over the pancakes and top them with tender, peppery mizuna greens. What more could we ask for?



Ingredients

- 1 Farm Egg
- ¼ Head Green Cabbage
- 1 Zucchini
- 1 Carrot
- 1 Cup Whole Wheat Flour
- 2 Ounces Mizuna
- 1 Lemon
- 2 Scallions
- 2 Cloves Garlic

Knick Knacks

- 3 Tablespoons Hoisin Sauce
- 2 Tablespoons Mirin
- ¼ Cup Mayonnaise

Makes 2 Servings

About 700 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the roots of the scallions; thinly slice the scallions. Peel the garlic cloves. Mince 1 clove. Mince the other clove; then, using the flat side of your knife, smash until it resembles a paste. Peel and cut the carrot into thin matchsticks. Cut the zucchini into thin matchsticks. Core and very thinly slice the cabbage. Cut the lemon into 6 wedges and remove the seeds.

2



Make the batter:

In a large bowl, combine **half the scallions** with the **minced garlic, carrot, zucchini, cabbage, ¾ cup of water** and some salt. Crack the **egg** into a separate, small bowl. Using a fork, briefly beat the egg, then add it to the bowl of vegetables. Gradually sprinkle in the **whole wheat flour**. Stir gently until just combined.

3



Cook the okonomiyaki:

In a large pan (nonstick, if you have one), heat a thin layer of oil on medium until hot. Add **half the batter** to the center of the pan and spread it toward the edges. Cook 4 to 5 minutes, or until golden brown. Carefully flip the okonomiyaki and cook an additional 4 to 5 minutes. Transfer to a plate. Repeat this process with the **remaining batter**.

4



Make the sauces:

In a small bowl, combine the **hoisin sauce** and **mirin**. In a separate small bowl, stir together the **garlic paste, mayonnaise, 2 teaspoons of olive oil** and the **juice of 2 lemon wedges**. Season with salt to taste.

5



Dress the mizuna:

In a medium bowl, combine the **mizuna** with the **juice of two lemon wedges** and a drizzle of olive oil. Season with salt and pepper and toss to coat.

6



Plate your dish:

Divide the okonomiyaki between 2 plates. Garnish each with the **remaining scallions and lemon wedges**. Drizzle the **sauc**es over each in a decorative pattern. Top each with half the **dressed mizuna**. Enjoy!