






Okonomiyaki Inspired Spring Onion Fritters with Tonkatsu Style Sauce, Sweet Potato Chips and Cucumber Salad

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Classic 40-45 Minutes • 5 of your 5 a day • Veggie



-  Sweet Potato
-  Rice Vinegar
-  Sesame Oil
-  Honey
-  Cucumber
-  Garlic Clove
-  Spring Onion
-  Sliced Spring Greens
-  Ginger Puree
-  Soy Sauce
-  Worcester Sauce

Pantry Items
Oil, Salt, Pepper, Egg, Plain Flour,
Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, rolling pin, garlic press, frying pan, kitchen paper and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Rice Vinegar	15ml	22ml	30ml
Sesame Oil 3	20ml	30ml	40ml
Honey	30g	45g	60g
Cucumber**	½	1	1
Garlic Clove**	1	1½	2
Spring Onion**	2	3	4
Sliced Spring Greens**	150g	200g	300g
Ginger Puree	15g	23g	30g
Soy Sauce 11 13	25ml	40ml	50ml
Worcester Sauce 13	15g	23g	30g
Pantry	2P	3P	4P
Water for the Greens*	2 tsp	3 tsp	4 tsp
Egg*	1	1	2
Plain Flour*	40g	60g	80g
Salt*	¼ tsp	½ tsp	½ tsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	572g 2509/600	100g 439/105
Fat (g)	14.7	2.6
Sat. Fat (g)	2.8	0.5
Carbohydrate (g)	98.0	17.1
Sugars (g)	40.5	7.1
Protein (g)	16.7	2.9
Salt (g)	4.93	0.86

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Chop the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Get Frying

Wipe out the (now empty) frying pan and return to a medium-high heat with enough **oil** to coat the bottom.

Once hot, place heaped tablespoons of the **fritter mixture** (in batches) into the pan. Flatten slightly with the back of the spoon, then fry until golden and cooked through, 3-4 mins each side. **TIP: Don't flip them too early, they need time to set.**

Once cooked, transfer to a plate lined with kitchen paper.

Keep cooking in batches until all the **mixture** is used up - you should get **3-4 fritters** per person. **TIP: Add extra oil in between batches if needed.**



Cucumber Salad Time

Meanwhile, in a medium bowl, mix together the **rice vinegar**, **sesame oil** and **half the honey**.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Trim the **cucumber** (see ingredients for amount), then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into 2cm chunks, then add to the bowl of **dressing**. Season and toss well, then set aside.

Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**. Thinly slice the **spring greens** widthways.



Tonkatsu Style Sauce Time

While the **fritters** fry, make your **tonkatsu style sauce**. In a small saucepan, mix together the **soy sauce**, **Worcester sauce** and remaining **honey** with the **ketchup** and **water for the sauce** (see pantry for amounts).

Pop on medium heat and bring to the boil, then reduce the heat until simmering. Cook until thickened, 3-4 mins, then remove from the heat.



Make your Fritter Batter

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **spring greens** and **water for the greens** (see pantry for amount), cover with a tight-fitting lid and cook until wilted, 5-6 mins. Add the **garlic** and **ginger puree** and cook for 1 min more. Season with **salt** and **pepper**.

Crack the **egg** (see pantry for amount) into a large bowl and whisk. Add the **cooked greens** and **half the spring onion**. Mix together with the **flour** and **salt** (see pantry for both amounts). Season with **pepper**. **TIP: Lift out some of the mixture with a spoon. If it's too wet and doesn't hold its shape, add a little more flour.**



Finish and Serve

When everything's ready, share your **okonomiyaki inspired fritters** between your plates, drizzle with the **tonkatsu style sauce**, then sprinkle over the remaining **spring onion**.

Serve your **sweet potato chips** and **cucumber salad** alongside.

Enjoy!