

Vegan Kimchi Pancake

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	855 kj	10%
Energy (kcal)	204 kcal	10%
Fat	8.2g	12%
of which saturates	0.9g	6%
Carbohydrate	22g	8%
of which sugars	0.9g	1%
Fibre	2.6g	10%
Protein	9.4g	19%
Salt	0.52g	9%

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INGREDIENTS: (Serves 1 - 609 kcal per 290g serving)

- 116g Firm tofu, raw (**SOYA**)
- 80g Plain white wheat flour (**GLUTEN**)
- 10g Chopped, spring onions, bulbs and tops, raw
- 1 tablespoon Oil, vegetable
- 250g Vegan Kimchi, raw, ½ inch pieces (**SOYA**)

OPTIONAL EXTRAS:

- 1 Tablespoon Sesame seeds (**SESAME**)

METHOD:

1. Crumble the firm tofu into a mince
2. Add the flour and mix well until it forms a firm batter
3. Add chopped spring onion and vegan kimchi to the tofu and flour, mix well
4. Heat vegetable oil in a frying pan
5. Divide the batter into four, and fry each ¼ into a pancake shape in the pan
6. Serve with sesame seeds if desired and enjoy!

ALLERGENS



SOYA



GLUTEN



SESAME

MODIFY

Switch white flour for wholegrain or gluten-free alternatives (buck-wheat, rice, quinoa flour)

CREDIT

Recipe by: Anissa Lee
Photo by: Anissa Lee