KOREAN VEGETABLE PANCAKE

A delicious pancake rich with vegetables and you can add finely julienne chicken breast meat to make the dish a complete meal on its own.

ORIGINS: Korean

Why selected: This dish is delicious and is a lovely accompaniment to the Korean drama we may be watching while recuperating from a stroke and it also whets the taste buds as a complete meal on its own. The piquant chilli sauce gives the dish a lovely kick.

SERVES: 2-3 persons as a meal and as is usual, I love to accompany my one dish meals with whole salad leaves like Romaine or Baby spinach to make sure I get my greens in the meal.

FOR PROTEIN: I have added some fine julienne of skinless chicken breast meat

INGREDIENTS

100g	boneless chicken breast meat, without skin
4	spring onion stalks, cut into 2 cm lengths
50-80g	leeks, sliced thinly 1 into 2 cm strips
85g	zucchini or eggplant, sliced into matchstick size
1 no	green chilli, sliced
90g	onion, sliced thinly
80g	sweet potato, cut into matchsticks
2-3	fresh mushrooms, sliced
1 ½ cups	rice flour
¼ to ½ tsp	salt
1 cup	water
6 tbsp	vegetable oil

Dipping Sauce Ingredients:

1tbsp	Japanese soy sauce	
2tsp	white vinegar	Mix all ingredients in a bowl.
1tsp	chilli flakes	
1tsp	sesame seeds	

METHOD:

1. Cut chicken into fine strips.
2. Mix the rice flour with the water and salt in a bowl.
3. Add the cut vegetables except for the mushrooms.
4. Heat 1 tablespoon oil in a non-stick frying pan.

5. Scoop ¼ of the mixture into the heated oiled pan, spread evenly, put some sliced mushrooms on top and press down into the vegetable and batter with a spatula.
6. Fry on medium heat until golden brown for about 3 minutes.
7. Toss the pan to flip the pancake over the pancake or turn the pancake over into another frying pan which has been rubbed with some oil.
8. Add 1 teaspoon oil around the sides of the pancake. Fry till golden brown, serve whole or cut into triangles with the dipping sauce.