

# Negiyaki (Japan)

Makes 1 pancake

## Ingredients

- 3 Tbs plain flour
- 1 Tbs Vegetable stock
- 1 Tbs Yoghurt (or ½ an egg)
- 1/8 tsp Garlic powder
- Pinch salt
- ¼ tsp baking powder
- Pinch pepper
- 3 Spring onion stalks

## Method

1. Place all the dry ingredients into a bowl and stir together to combine.
2. Make a well in the centre of the dry ingredients (except the spring onion) and put the wet ingredients into this well.
3. Mix until the mixture comes together and is smooth
4. Thinly slice the spring onions and mix through the pancake mixture.
5. Spray a frypan with cooking spray, spoon mix in and cook over medium heat until bubbles start to form and edges change colour, flip the pancake and cook the other side until golden and cooked through.
6. Top with okonomiyaki sauce, Kewpie mayonnaise and, if desired, chilli crisp.

## Okonomiyaki Sauce

### Ingredients

- 4 Tbs tomato sauce
- 1 Tbs sugar
- 1 ½ Tbs soy sauce (or “soy not” sauce)

### Method

1. Mix all ingredients together in a microwave safe bowl.
2. Microwave for 30 seconds and mix again.