



Japanese style macadamia nuts and spring onion pancakes

SERVINGS

6 people

COURSE

Condiment

PREFERENCE

Dairy Free, Vegan

PERFECT FOR

Midweek Meal

SKILL LEVEL

Easy

INGREDIENTS

Pancakes

- 3 cups plain flour
- 1 cup hot water
- 0.5 cup cooking oil

Filling

- 3 tbsp macadamia oil
- 0.38 tsp sesame oil
- 3 tbsp plain flour
- 0.38 tsp salt
- 0.75 cup finely chopped spring onions
- 0.5 cup finely chopped macadamias

To serve

- Soy sauce
- Fresh red chilli, chopped

INSTRUCTIONS

1. For the dough, place the flour in a large bowl and add the hot water, stirring constantly with a knife or single chopstick until the flour is completely incorporated with the water. Use your hands to bring the dough together and lightly knead to form a ball. Cover tightly in plastic wrap and allow to rest for 15 minutes. Unwrap and knead for 3 minutes until smooth.

- . For the filling, while the dough is resting, combine the macadamia oil, sesame oil, plain flour and salt in a bowl and whisk until combined and there are no lumps. Set aside.
- . To make the pancakes, lightly flour a work surface and rolling pin. Using the rolling pin, roll out the dough to form a thin rectangle approximately 45cm by 30cm. Brush the surface of the dough with the oil and flour mixture and sprinkle evenly with the chopped spring onions and macadamias. From the shorter (30cm) side, roll the dough into a long rope. Do not make it too tight. Cut this rope into quarters so you have 4 short ropes. Stand each piece separately on a lightly floured board with the spiral cut side facing upwards and gently press down with your hand. Using a rolling pin, continue to flatten the dough until it forms an 18cm round pancake.
- . To cook, heat 1 tablespoon of oil in a large non-stick frying pan with a lid until very hot. Place one pancake in the oil, immediately turn heat down to medium, cover with the lid and cook for 2 minutes before turning and cooking the other side, returning the lid to cook the second side. Place on a plate and cover with a tea towel or aluminium foil to keep warm. Repeat with remaining oil and pancakes, wiping out the pan with a paper towel between each pancake to prevent burnt bits from the previous pancake sticking to your uncooked pancake.
- . Serve immediately with soy sauce and chopped red chilli.

NUTRITION

Calories: 553kcal

Carbohydrates: 53g

Protein: 8g

Fat: 35g

Saturated Fat: 3g

Polyunsaturated Fat: 6g

Monounsaturated Fat: 24g

Trans Fat: 0.1g

Sodium: 151mg

Potassium: 147mg

Fiber: 3g

Sugar: 1g

Vitamin A: 125IU

Vitamin C: 2mg

Calcium: 30mg

Iron: 4mg

NUTSCO
LIMITED

PREMIUM MACADAMIA
PROCESSING