

# All About ... KIMCHI PANCAKE

Serve: 4 Pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 130g Kimchi, chopped</li> <li>• ½ medium onion, sliced</li> <li>• 100g beansprout</li> <li>• ¾ cup (90g) wholemeal flour</li> <li>• 1 tsp sugar</li> <li>• ½ cup water</li> <li>• 2 tbspn of olive oil</li> </ul>	Energy (kcal)	193
	Carbohydrate (g)	17
	Protein (g)	5.0
	Fat (g)	9.9
	• Saturated Fat (g)	1.5
	• Polyunsaturated Fat (g)	> 1.1
	• Monounsaturated Fat (g)	> 6.5
	Cholesterol (mg)	0
	Dietary Fibre (g)	4.1
	Sodium (mg)	259
	Potassium (mg)	> 149
Phosphate (mg)	> 72	

## Methods

1. In a large mixing bowl, add in Kimchi, onions and beansprouts.
2. Add in wholemeal flour.
3. Add in sugar and water. Add in more water to form a moderately thick batter, if necessary.
4. In a heated 8" shallow pan, add in 1 tbspn of olive oil.
5. Pan-fry half the batter until both sides are cooked and golden brown.
6. Repeat step 6 & 7 and serve hot!

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