

Japanese Pizza

We came across this recipe for Japanese 'pizza' or okonomiyakis in a Guardian recipe a couple of years ago, and it's a nice way to enjoy veggies as a platform for other things. Simply make a base out of cabbage and onions or leeks, and top with your choice of nuts, herbs, other veggies or cheese. You can also use gluten-free flour to mix in the base, perfect for coeliac and gluten-free diets.

Serves 2

150g cabbage, finely shredded

80g leeks, chopped

130g wholemeal flour

sea salt & black pepper

2 eggs, beaten

1 tbsp olive oil

toasted flaked almond

1 tbsp chives



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Mix together the cabbage, leeks, flour, pepper and salt in a bowl; then stir in the eggs and mix well until everything is evenly coated. Heat the oil in a large frying pan or wok over a medium heat; spoon the cabbage mixture into the pan and flatten with a ladle or spatula. Cook for a few minutes until golden brown underneath; slide out onto a plate and flip over gently by putting another plate on top and turning upside down, then sliding back into the pan. Press this side down and cook for a few minutes until golden that side. Sprinkle the toasted almonds and chives on top, plus a grate of cheese if you want some, and slide onto a board to cut into pieces. Serve with a fresh salad and some potato wedges.



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