

Healthy Lunch Box recipe

Japanese vegetable pancakes



Ingredients

½ small cabbage, very thinly sliced
4 medium carrots, grated
2 cups baby spinach, very thinly sliced
4 spring onions, thinly sliced
½ cup wholemeal plain flour
6 large eggs, lightly beaten
Pinch of salt
Olive oil spray

Method

Place the vegetables in a bowl and mix together. Toss with the flour, ensuring it coats all the vegetables. Stir in the eggs and pinch of salt.

Lightly spray a large non-stick fry pan with olive oil spray and heat over medium-high heat. You may need to re-spray between batches.

Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approximately 3 minutes, and then turn to cook the other side.

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healthy lunchbox.com.au



Cancer Council
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