

# Japanese Pizza

Veggie Smugglers have been trawling recipes of the world to come up with some new ideas about how to get vegetables into children – The “Japanese Pizza” is a winner! Also known as a basic okonomiyake or cabbage pancake, this recipe is full of veggies and a great lunch option for children.



**Influence: Japan**




Serves 10 children
 
 25 minutes

## INGREDIENTS

- Flour, self raising 1 ¼ cups
- Egg 5 medium
- Chinese cabbage, finely shredded 2 ½ cups
- water 5 Tbs
- Carrot, peeled, grated 1 ½ cups
- Spring onion, finely sliced 5 large
- Canola oil 2 tsp

## DIRECTIONS

1. Put flour in a bowl, add the water and stir well to remove any lumps. Add the egg and mix well. Stir in the cabbage, carrot and spring onion.
2. Heat a non-stick frying pan over a medium heat. Spray with cooking spray. Add the amount of mixture you want to get the pancake size you desire. Keep pancake 1cm-thick or less (otherwise it will be soggy in the middle).
3. Cook for 3-4 minutes each side until golden. Place on a plate.
4. Serve immediately

Note: Make it pretty by cooking the mixture in silicone egg rings which come in a variety of shapes.

# Allergy Information

Contains: Egg, wheat and gluten.

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## Childcare RDI Calculator:

<b>Fat</b>	<div></div>	<b>20 %</b>
<b>Vegetables</b>	<div></div>	<b>60 %</b>
<b>Meat/Alt*</b>	<div></div>	<b>50 %</b>
<b>Cereals</b>	<div></div>	<b>40 %</b>
<b>Dairy</b>		<b>0 %</b>
<b>Fruit</b>		<b>0 %</b>

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services