

# BBQ Chicken Okonomiyaki



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Entertaining

Okonomiyaki is a Japanese style savoury pancake but they typically aren't made on a BBQ like this one! So why not mix up your grill skills with a Japanese twist... impress your guests with this surprisingly simple Chicken Okonomiyaki recipe.



## Ingredients

- ½ cup (75g) self-raising flour
- 4 eggs
- 1 tbsp salt-reduced soy sauce
- 300g packet shredded coleslaw
- 1 ½ cups (240g) chopped cooked chicken

4 green onions, thinly sliced

1/3 cup vegetable oil

1/3 cup Japanese-style mayonnaise

1/3 cup tonkatsu sauce

2 tsp toasted sesame seeds

Method

- 1. Place flour in a large bowl. Make a well in the centre and add eggs and soy sauce. Mix until smooth and combined. Stir in coleslaw, chicken and half the green onions.
- 2. Heat a barbecue flat plate over medium-high heat and grease well with oil. Divide batter into four portions and spoon one portion onto the preheated flat plate. Flatten out slightly to form a 1cm thick round (about 20cm in diameter) pancake.
- 3. Cook for 3-4 minutes or until the underside is golden and cooked through. When pancake is set and firm enough to turn, carefully turn, then cook pancake for a further 1-2 minutes or until the inside is cooked and hot. Transfer pancakes to a plate. Repeat with remaining mixture, greasing flat plate between each pancake.
- 4. To serve, drizzle with mayonnaise and tonkatsu sauce then sprinkle with sesame seeds and remaining green onions.

Notes

TIP: You can also cook the pancakes in a large frying pan over medium-high heat.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
286g	2820kJ 674kcal	27.4g	48.5g	6.4g	31.4g	13.7g	753mg	3.4g

All nutrition values are per serve.