


**Japanese Vegan Okonomiyaki - Cabbage Carrot  
Pancakes  
Author Vegan Richa**





## Japanese Vegan Okonomiyaki - Cabbage Carrot Pancakes

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Okonomiyaki made vegan.

Served with homemade tonkatsu sauce.

Makes 5 to 6 pancakes

Cuisine Japanese:

Prep Time 20 minutes

Cook Time 25 minutes

Total Time 45 minutes

Servings 5

Calories 147 kcal



## Ingredients

### Pancakes:

1/2 head of cabbage  
3/4 cup carrots  
1/2 red or green bell pepper  
2 tbsps. scallions  
1 inch ginger  
2 tsp rice vinegar  
1 tbsp. soy sauce  
1/2 tsp salt  
1/4 tsp white pepper  
1 tbsp. nutritional yeast  
1 tsp miso  
1/8 tsp Indian black salt  
2 tsp crumbled nori sheets  
3/4 cup unbleached white flour  
1/4 cup chickpea flour  
1/2 tsp baking powder optional  
2 to 4 tablespoons water

### Easy Tonkatsu Sauce:

1 tbsp. ketchup  
1 tbsp. vegan Worcestershire sauce  
1/2 tsp sugar  
a few tsp water



### Instructions:

1. Shred all the veggies. Add vinegar, and everything through nori sheets keep aside for 10 minutes.

2. Sift in the flours + baking powder into the bowl and mix in. Add a little water to make a mix that can spread. You might not need much as the veggies leak a lot of water depending on how you shred them.

3. Heat a pan over medium heat, add oil. Spread the batter to even it out into 1/4 to 1/2 inch thick pancake and cook for 5 to 7 minutes per side.

4. Serve with the tonkatsu sauce, vegan mayo and pickled ginger if you have some.

5. Tonkatsu sauce: Mix all the ingredients until well combined and serve.

### Recipe Notes:

For Variations: add chopped mushrooms, vegan coconut bacon, vegan sausage crumbles, and other veggies.





Nutritional values based on one serving:

Total Fat: 0%

Saturated Fat: 0%

Cholesterol: 0%

Sodium 542 mg: 23%

Potassium 430 mg: 12%

Total Carbohydrates 29 mg: 10%

Dietary Fiber 4 g: 16%

Sugars 6 g.

Protein 6 g: 12%

Vitamin A: 76.3%

Vitamin C: 62.1%

Calcium: 7.3%

Iron: 11.5%

\* Percent Daily Values are based on a 2000 calorie diet.