

# Korean Vegetable Pajeon

Think Korean comfort food. A pajeon is a hearty, vegetable-forward savory pancake that's a staple in many Korean homes. We're making our version with a mix of shredded broccoli, carrots, green beans, and scallions, then serving it with a sesame-miso dipping sauce. It's crispy and crunchy and totally delicious!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Small Bowl
- 2 Large Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

### 6 MEEZ CONTAINERS

- Green Beans
- Veggie Slaw
- Ginger Dressing
- Green Onions
- Pancake Mix
- Sesame Miso Dressing

## Good To Know

**Health snapshot per serving** – 280 Calories, 14g Protein, 7g Fat, 42g Carbs, and 4 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Green Onion, Yellow Onion, Broccoli, Green Bean, Carrot, Celery, Flour, Rice Flour, Cornstarch, Tamari, Miso, Rice Wine Vinegar, Sesame Seeds, Brown Sugar, Ketchup, Kosher Salt, White Pepper, Sugar, Garlic, Ginger, Gochujang, Miso, Lemon, Sesame Oil.

**meez** *meals*

### 1. Assemble the Salad

Pat dry the **Green Beans**. Put half the Green Beans into a large mixing bowl and add two-thirds of the **Veggie Slaw** and all of the **Ginger Dressing** (the liquid that does not contain sesame seeds). Toss well and refrigerate until step 3.

### 2. Make the Pancakes

Heat 4 Tbsp olive oil in a large skillet over medium high heat.

Crack 2 egg into a small bowl, whisk and set aside. Pat dry the **Green Onions**.

Combine the **Pancake Mix** with 2/3 cups of water in a second large mixing bowl. Whisk until there are no lumps.

When the oil is very hot, add the Green Onions and remaining green beans. Cook, undisturbed, until charred, about one minute. Pour  $\frac{1}{4}$  the pancake batter on top of the veggies and reduce the heat to medium. Spread the remaining Veggie Slaw on top of the batter forming a top layer (don't mix it in). Pour the remaining pancake batter on top of the Veggie Slaw layer.

Let the pancake cook until the bottom is brown and starts to crisp, about 2 to 3 minutes. Pour the whisked egg on top of the pancake, covering as much of the top surface as possible. Cook until the egg starts to set, about 2 to 3 additional minutes.

Use a large spatula to cut the pancake in half and flip each half over. Cook until the bottom is dark brown and well crisped, about 2 to 3 minutes more.

### 3. Put It All Together

Serve the pancakes alongside the salad and drizzle with the **Sesame Miso Dressing** (the liquid that has sesame seeds in it) or use it as a dipping sauce. Enjoy!

*Drying the vegetables is key to helping the pancakes hold together.*

Instructions for two servings.

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