

Savoury Potato Pancake

Recipe recommended by ANISSA LEE
Nutrition Student @ University of Nottingham



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	739kj	9%
Energy (kcal)	177kcal	9%
Fat	8.7g	13%
of which saturates	0.6g	3%
Carbohydrate	22g	8%
of which sugars	2.1g	2%
Fibre	1.5g	6%
Protein	1.6g	3%
Salt	0.84g	14%

Generated by Nutritics v5.61 on 18/08/2022

INGREDIENTS: (Serves 2 - 258 kcal per 146g serving)

- 213g Potatoes, raw, flesh only, grated
- 28g Potato starch
- 0.5g Salt
- 2 Tablespoon Oil, vegetable
- 1 Tablespoon Soy sauce **(SOYA) (GLUTEN)**
- ½ Teaspoon Sugar, white
- ½ Teaspoon Lemon, juice, fresh

OPTIONAL EXTRAS:

- 1 Teaspoon Sesame oil **(SESAME)**

METHOD:

1. In a mixing bowl, combine the grated potato with the potato starch and salt.
2. Meanwhile, make the dipping sauce by mixing the soy sauce, sugar and lemon juice together in a small bowl. Feel free to add one teaspoon of sesame oil if you would like a nutty flavour.
3. Heat vegetable oil on a frying pan, and pour half of the potato mixture into the pan.
4. Cook for 5 minutes on each side and serve on a plate with the sauce on the side.

ALLERGENS



SOYA



GLUTEN



SESAME

MODIFY

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CREDIT

Recipe by: Maangchi
Photo by: Anissa Lee