

Vegetable Pancakes (inspired by Paejeon)

Budget-friendly recipe

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Serves: 4

Ready in: 35 mins.

There are many versions of these savory pancakes. A popular snack or appetizer, they can be made with any mix of your favorite vegetables.



Ingredients

Dipping Sauce:

2 tablespoons Rice wine vinegar

2 tablespoons Low-sodium soy sauce

1 teaspoon Sugar

Pinch of red chile flakes *or to taste*

2 teaspoons Vegetable oil

Pancakes:

2 Large Eggs

½ teaspoon Salt

¾ cup All-purpose flour

½ cup Ice water

1½ cups mixed, chopped vegetables *such as zucchini, broccoli, bell peppers, green beans, or asparagus*

2 green onions (scallions) *cut into 1-inch pieces*

What You'll Need

Chef knife

Cutting board

Measuring cups

Measuring spoons

Small mixing bowl

Medium mixing bowl

Wooden spoon

Small skillet

Spatula

Directions

1. In a small bowl, stir together all ingredients for the dipping sauce. Set aside.
2. In a medium bowl, whisk eggs and salt until frothy. Add flour and ice water. Then, stir to make a thick batter. Gently stir in vegetables and green onions.
3. In a small skillet, heat half the oil over medium heat. Spoon in half the batter to make a pancake, spreading the vegetables evenly. Cook until crisp and golden, 4 to 5 minutes per side. Repeat with remaining oil and batter.
4. Cut pancakes into quarters; arrange on a platter; and serve with dipping sauce.

Chef Tips

Replace 1/2 cup of the vegetables with diced kimchi or chopped, cooked, shrimp.

Nutrition Info and more

Serving size: 2 pieces

Total calories: 164 Total fat: 5 g Saturated fat: 1 g Carbohydrates: 22 g Protein: 7.3 g Fiber: 1.7 g

Sodium: 465 mg