

Japanese pancake with prawns, chilli jam & cashews

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Try this simple seafood dish, packed with vitamins B12 and B7 plus niacin, which helps the body produce more energy. All you need is 10 minutes.

Ingredients (serves 1)

Chilli chia tomato jam

- 3 large tomatoes
- 1 fresh long red chilli (seeds too, if you like it hot)
- ½ red capsicum
- ½ yellow capsicum
- 1 garlic clove
- 2 tsp apple cider vinegar
- 2 tsp granulated stevia
- ½ tsp Himalayan salt
- 3 tbsp chia seeds

Pancake & toppings

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- 1 tbsp sesame oil
- 3 organic free-range eggs
- 1 tbsp tamari (wheat-free) or soy sauce
- ½ tsp wasabi paste
- 180 g cooked prawns, peeled and de-veined
- ¼ ripe avocado, cubed
- ¼ cup beansprouts
- 2 tbsp cashews, roughly chopped
- 2 tbsp roughly chopped coriander
- ½ fresh red chilli, thinly sliced
- Lime wedges, to serve

Method

To make the chilli chia tomato jam, blend together tomatoes, chilli, capsicums, garlic, apple cider vinegar, stevia and salt. Pour the mixture into a glass jar and add chia seeds, then screw on the lid and shake. Leave to sit in the fridge for 4 hours (or overnight) to thicken. If you want a smooth jam, you can blend it, or leave as-is for some texture.

To make your pancake, heat sesame oil in a shallow frying pan. When the oil is hot, crack in the eggs and add the tamari. Roughly mix the egg yolks with the whites and tamari, 'pushing' through the semi-cooked mixture with a spatula to create folded eggs. (Don't move it around too much – you'll end up with scrambled egg.)

Remove the pan from the heat just before the egg is cooked through – the residual heat will do the job for you and leave you with a deliciously fluffy pancake.

Spread a thin layer of wasabi paste onto the pancake, then top with the prawns, avocado cubes, beansprouts, cashews, coriander and chilli. Serve with lime wedges and a dollop of chilli chia tomato jam.

This recipe is a taste of [LOVE MOVE EAT](#) by Sally O'Neil, published by Bauer Books. Available in all good bookstores and at magshop.com.au, \$34.99.

Recipes: [Sally O'Neil](#).

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