

## Healthy Vegetable Pancakes - Crispy, Golden, and Totally Addictive

- Just shred, mix, and pan-fry.



**TIME**  
**4 min**

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**ChefManiac**

### INGREDIENTS

For the Pancakes:

- 1 cup shredded zucchini
- 1 cup shredded carrot
- 1/2 cup shredded cabbage
- 1/4 cup green onions, chopped (optional)
- 1/2 cup all-purpose flour (or gluten-free flour)
- 1 large egg, beaten
- Salt and pepper to taste
- Oil for frying

For the Asian Dipping Sauce:

- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp honey or sugar (optional)
- 1 tsp grated ginger (optional)
- Sesame seeds & green onions (optional garnish)

Instructions:

- 1 Prepare the Vegetables:
- 2 Make the Batter:
- 3 Fry the Pancakes:
- 4 Mix the Dipping Sauce:
- 5 Serve:

Tips for Success:

Dry your veggies well! Too much water = soggy pancakes.

For extra crispy edges, don't overcrowd the pan and use enough oil.

Make them mini for appetizer platters or larger for a lunch portion.

Add sriracha or red pepper flakes to the dipping sauce if you like heat.

Serving Suggestions:

? Blueberry Lemonade - bright, refreshing balance

? Walking Taco Bar - fun, customizable dinner

? Sheet Pan Quesadillas - for crowd-pleasing variety

? Monster Cookie Balls - for sweet protein-packed snacks

? Brownie Bombs - for the ultimate dessert indulgence

Storage & Reheating:

Fridge: Store in an airtight container for up to 3 days.

## DIRECTIONS

1. Prepare the Vegetables: In a large bowl, combine zucchini, carrot, cabbage, and green onions (if using). Use a clean towel to squeeze out excess moisture-this helps the pancakes crisp up.
2. Make the Batter: Add flour, beaten egg, salt, and pepper to the veggies. Stir until everything is evenly coated and holds together.
3. Fry the Pancakes: Heat a generous amount of oil in a skillet over medium heat. Scoop spoonfuls of the veggie mixture into the pan, pressing lightly to form pancake shapes. Cook 3-4 minutes per side until golden brown. Remove and place on paper towels to drain.
4. Mix the Dipping Sauce: In a small bowl, combine soy sauce, rice vinegar, sesame oil, honey (if using), and ginger. Whisk until smooth. Sprinkle in sesame seeds and chopped green onions for extra flavor.
5. Serve: Serve pancakes hot with dipping sauce on the side. Garnish with more green onion or sesame seeds if desired.
6. Tips for Success: Dry your veggies well! Too much water = soggy pancakes.
7. For extra crispy edges, don't overcrowd the pan and use enough oil.
8. Make them mini for appetizer platters or larger for a lunch portion.
9. Add sriracha or red pepper flakes to the dipping sauce if you like heat.
10. Serving Suggestions: Pair these savory pancakes with:
11. ? Blueberry Lemonade - bright, refreshing balance
12. ? Walking Taco Bar - fun, customizable dinner

13. ? Sheet Pan Quesadillas - for crowd-pleasing variety
14. ? Monster Cookie Balls - for sweet protein-packed snacks
15. ? Brownie Bombs - for the ultimate dessert indulgence
16. Storage & Reheating: Fridge: Store in an airtight container for up to 3 days.
17. Reheat: Best in a toaster oven or skillet to restore crispness.
18. Freeze: Wrap cooled pancakes in parchment and freeze in a zip bag. Reheat directly from frozen in a hot skillet.
19. More Recipes You'll Love: Blueberry Lemonade
20. Walking : Taco Bar
21. Sheet : Pan Quesadillas
22. Monster : Cookie Energy Balls
23. Brownie : Bombs
24. Final Thoughts: These Crispy Vegetable Pancakes with Asian Dipping Sauce are the kind of recipe that makes you feel good about what you're eating-without sacrificing a single ounce of flavor. They're crunchy, vibrant, and incredibly easy to make.
25. Let us know how you personalize them and tag us if you serve them at a party, picnic, or weeknight dinner. For more snackable genius, follow along at ChefManiac!

## TIPS FOR SUCCESS

For extra crispy edges , don't overcrowd the pan and use enough oil.

Make them mini for appetizer platters or larger for a lunch portion.

Add sriracha or red pepper flakes to the dipping sauce if you like heat.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/healthy-vegetable-pancakes-crispy-golden-and-totally-addictive/>