

Vegetable Stuffed Spinach Crepes

Serves 2



Ingredients

4 cups baby spinach
1 cup milk
2 eggs
1 cup plain flour
1 tbsp olive oil

8 small, chopped cauliflower florets
6 mushrooms, chopped
2 cloves garlic, chopped
2 tbsp crème fraiche **or** humous
Parmesan cheese, grated
½ tsp dried coriander
½ tsp dried cumin
Salt and pepper

Method

Turn oven to 175°C. Spread cauliflower florets onto a baking sheet, sprinkle with a little sea salt, cumin and coriander, and roast for 20 minutes.

Combine spinach, milk and eggs in a blender and blend until smooth. Turn blender to the lowest setting and slowly add flour until thoroughly combined.

Heat oil in a large frying pan over medium heat. Once hot, pour some batter in the skillet and gently swirl to spread it into a thin layer. Cook for about 1-2 minutes or until small bubbles form on top. Flip and cook other side for about 30 seconds. Repeat with remaining batter.

Meanwhile, separately stir-fry the chopped mushrooms lightly for 2 minutes. Add the garlic and cook for a further minute. Add the crème fraiche or humous and stir in some seasoning.

Remove cauliflower from oven.

Fill your pancakes with the cauliflower and mushroom mix. Fold, sprinkle with parmesan cheese and return to the oven in an ovenproof dish for 5-7 minutes to heat through and melt the cheese. Serve with a tomato and basil salad, and some green leaves

