




SAVOURY PANCAKES

Recipe by Lyndon Gee

 serves 3-4 (makes 8-12)

 prep 2 mins

 cook 10 min

Ingredients

1 egg, beaten

150ml milk

100g flour (plain, wholemeal or gluten-free)

50g cheese, finely diced (cheddar or any cheese, except cream cheese)

1 medium onion, finely chopped (or 100g any cooked vegetables)

Dash oil

Pinch salt and pepper

1 Beat the egg into the milk, then put the flour in a bowl and gradually stir in the milk mixture until smooth, then add the cheese and onion.

2 Heat a nonstick pan and add the oil, then add a tablespoonful of the mixture.

3 Cook for 2 minutes then flip over with a spatula and cook for another minute or two on the other side. The pancakes should be about 8 cm in diameter and only 3-4 mm thick. You should be able to cook 2 or 3 in a large pan at the same time.

Per serving based on 4 servings

Calories	Sugar	Fat	Saturates	Salt	Fibre
206	3.5g	9g	4.5g	0.8g	1.5g
10%	4%	13%	22.5%	13%	6%

of an adult's guideline daily amount


**LOVE
FOOD**
hate waste



Savoury pancakes

Pancakes are a great way to turn leftovers into an exciting meal. These are loved by children and ideal as a quick brunch or teatime snack. Get creative with the fillings and add any vegetables, herbs or spices. You could also make really small pancakes and top them to make great canapés.

Chef's tip from Lyndon

Keep pancakes warm between two hot plates until needed. The ingredients need to be finely chopped to ensure even cooking.

Use up

Cooked vegetables such as broccoli, carrots and peas. Odds and ends of cheese or cooked meat.

Variations

Add cooked vegetables such as leeks and ham. Try different flours such as buckwheat flour. Use fruit and sprinkle with sugar and spice.

Extra flavour

Add fresh herbs such as chives, basil or tarragon. Add smoked ham or chorizo, or add smoked paprika or a little crushed garlic.

Freezer advice

For best results, cool down quickly (ideally within an hour), place in an airtight container, label and then pop in the freezer. Store with greaseproof paper between each pancake, you can then take out as many as you need at a time. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or covered in foil in the oven, heating thoroughly until piping hot.

Vegetarian and vegan options

Suitable for vegetarians. A vegan version can be made with egg substitute and soy, rice or almond milk available from health food shops.

Allergy advice

Can be made using gluten-free flour, soya milk and lactose-free egg substitutes.

For lots more recipes and advice on making the most of your food visit lovefoodhatewaste.com

**LOVE
FOOD
hate waste**