

SUPER SPINACH PANCAKES

AVOCADO, TOMATO, COTTAGE CHEESE, CHILLI & CORIANDER

SERVES 6 | 25 MINUTES

1 ripe avocado
350g ripe mixed-colour cherry tomatoes
100g baby spinach
3 spring onions
½ a bunch of fresh coriander (15g)
1 lime
extra virgin olive oil
1 large egg
1 mug of self-raising flour
1 mug of semi-skimmed milk
olive oil
300g cottage cheese
hot chilli sauce

Halve, destone, peel and finely slice the avocado and quarter the tomatoes, then place in a salad bowl with a quarter of the spinach. Trim, finely slice and add the spring onions and pick in the coriander leaves, then squeeze over the lime juice. Drizzle with 1 tablespoon of extra virgin olive oil, season to perfection with sea salt and black pepper, toss to coat and put aside.

Crack the egg into a blender, add the flour, milk, remaining spinach and a pinch of salt and pepper, then blitz until smooth. Place a large non-stick frying pan on a medium heat, rub the pan with a little olive oil, then pour in a thin layer of batter, swirling it up and around the edges. Cook on one side only for 2 minutes, or until lightly golden, then stack up on a serving plate and repeat.

Top each pancake with dollops of cottage cheese, the avocado salad, and a few good shakes of chilli sauce. Really nice served with extra lime wedges for squeezing over, and a fried egg on top, if you fancy.

Instead of spinach you could use a mixture of soft herbs, such as parsley, mint, basil or tarragon – whatever you like!

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
331kcal	13.3g	4g	13.5g	42.3g	6.3g	1.2g	3g