

# Green Savoury Crepes

## with Smoked Salmon and Spinach

hellóchef

Bright and colourful crepes with a delicious filling. They're suitable for breakfast, lunch or dinner!

Cals 969 • Prot 47 • Carbs 109 • Fat 41

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🕒 cook: 30 min

R3267





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Spinach pancakes	2 ppl	3 ppl	4 ppl	
Spinach	200	300	300	Grams
Plain flour <b>10*</b> , <b>11*</b>	200	400	400	Grams
Whole milk <b>4*</b>	400	600	600	ML
Organic Eggs <b>5*</b>	3	6	6	Piece
Vegetable stock cube <b>15*</b>	1	2	2	Piece
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Dressing				
Sweet chilli sauce	40	60	80	ML
Sour cream <b>4*</b>	60	90	120	Grams
Toppings				
Smoked Salmon Slices <b>6*</b>	100	200	200	Grams
Fresh chives	15	15	30	Grams
Avocado	1	2	2	Piece
Red radish	125	125	250	Grams

Allergens

\*10 Wheat, \*11 Gluten, \*4 Milk, \*5 Eggs, \*15 Celery, \*6 Fish

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4054 / 969
Fat (g)	41
of which saturates (g)	14
Carbohydrate (g)	109
of which sugars (g)	21.2
Fiber (g)	12.8
Protein (g)	47.3
Salt (g)	1.6

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Blend

Tear the **spinach** into a blender or food processor. Add the **flour**, {300/600/600} ml of **milk**, the **eggs**, the crumbled **vegetable stock cube** and **pepper** to a food processor. Blitz until you are left with a smooth green batter. Set aside (see pro tip!).



2 Prep

Finely chop the **chives**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Finely slice the **radish**. In a small bowl, combine the **sweet chilli sauce** with the **sour cream**.



3 Make pancakes

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Add a ladle of **batter**. Move the pan so that the batter spreads to an even, thin layer. Cover with a lid and fry for 4 min until nicely browned on the bottom and fully set. Keep warm. Repeat with the remaining batter (you should end up with 2-3 **crepes** per person).



4 Serve

Spread the **sweet chilli cream** over the **crepes**. Top with **radish**, torn **salmon** and **avocado slices**. Garnish with **chives**.