



# Savory pancakes with bacon and tomato sauce

20'  
Hands on

25'  
Cook Time

4-6  
Portion(s)

2  
Difficulty



## Method

For the pancakes

- Sift the flour and baking powder into a [bowl](#).
- Make a small well in the middle, and add salt and freshly ground pepper.
- In another bowl, whisk the eggs with the milk.
- Add the mixture into the bowl with the flour, and into the well. Whisk well until the mixture is completely combined. Set aside.
- [Finely chop](#) the spring onion and herbs. Add them to the mixture.
- Add the corn and cheese. Correct the taste by seasoning with salt and pepper.
- In a [non-stick pan](#), heat up 1 tablespoon olive oil.
- Add 2 tablespoons of the mixture to the pan, and form a pancake of approximately 10cm. Fry for 2-3 minutes per side.
- Remove the pancake from the pan, and continue with the same process for the rest of the pancakes. There will be 9 pancakes in total.

For the tomato sauce

- Place a pan over high heat and let it heat up without adding any oil.
- Cut the cherry tomatoes in half and add them to the pan.
- As soon as they start to turn golden, add the onion (finely chopped) and lower the heat to medium.
- Add 2 tablespoons olive oil and let the onion soften for 2-3 minutes.
- Use a spoon to press the cherry tomatoes so they let out all their juices. Remove from the heat and puree in a blender.
- If the mixture is too thick, add 2 tablespoons of olive oil and beat again until there is a sauce texture. Add the herbs and mix using a wooden spoon.

For the bacon

## Ingredients

For the pancakes

- 130 g all-purpose flour
- 1 teaspoon baking powder
- salt
- freshly ground pepper
- 2 eggs
- 130 g milk, 3.5% fat
- 1 spring onion, finely chopped
- 3 tablespoons fresh herbs (parsley, basil, thyme), finely chopped
- 150 g canned corn
- 100 g gorgonzola or blue cheese and/or feta cheese, crumbled
- olive oil, for frying

For the tomato sauce

- 250 g cherry tomatoes, cut in half
- 1 small onion, finely chopped
- 2 tablespoons olive oil + extra 2 tablespoons for the mixture (optional)
- 1 tablespoon fresh mint, finely chopped
- 2 tablespoons parsley, finely chopped
- 5 basil or mint leaves, finely chopped
- 1 sprig rosemary, only its leaves, finely chopped

For the bacon

- 25 g sugar
- 1 teaspoon sweet paprika
- 3 sprigs thyme
- 8 slices of bacon

## Διατροφικός πίνακας

Nutrition information per portion

602 Calories (kcal)	35.0 Total Fat (g)	12.0 Saturated Fat (g)	42.0 Total Carbs (g)
30%	50%	60%	16%

- In a bowl, combine the sugar, paprika and thyme.
- Line a **baking pan** with parchment paper and spread the 8 bacon slices on it.
- Drizzle the bacon slices with some of the tomato mixture, on both sides.
- Bake at 200° C (392° F) set to fan, for 12 minutes.
- Serve the pancakes with the sauce and bacon.

