



Spinach crepes with cashew cream

30'
Hands on

60''
Hands off

10'
Cook Time

6
Portion(s)

1
Difficulty



Method

For the crepes

- In a food processor, add all of the ingredients for the crepes and beat for 3-5 minutes, until there is a soft and smooth mixture.
- Transfer to a **bow**l, cover with plastic wrap and refrigerator for at least 1 hour.
- Place a **frying pan** over medium heat and add ½ teaspoon sunflower oil.
- Use a ladle to pour a little of the mixture into the pan, just to cover the bottom of the pan with a thin layer.
- Cook for 2-3 minutes and then, carefully flip the crepe over and cook for another 2-3 minutes.
- Remove from the pan and follow the same process for the remaining crepe mixture.

For the cashew cream

- In a bowl add the cashews, water enough to cover them, and let them soak for 1 hour.
- Transfer to a food processor along with 70 g of the water in which they soaked, add salt, and process until the cashews have broken down completely and the mixture has a creamy consistency.
- Transfer the mixture to a bowl.
- Finely chop the prunes, the parsley, and add them to the bowl along with the chili flakes.
- Cut the mushrooms into slices and finely chop the garlic.
- Place a frying pan over medium heat and add 1 tablespoon sunflower oil.
- Sauté the mushrooms for 2-3 minutes and add the garlic. Sauté for another 3-4 minutes and remove from the pan.
- Add the mushrooms, the garlic, and the pepper into the bowl with the cashew cream, and mix.
- Fill the crepes and serve.

Ingredients

For the crepes

- 2 eggs, medium, at room temperature
- 1 egg yolk
- 220 g milk
- 100 g gluten-free flour
- 100 g spinach
- 3 tablespoon(s) sunflower oil, for the pan

For the cashew cream

- 80 g cashews
- 70 g water
- 1/2 teaspoon(s) salt
- 50 g prunes
- 1 tablespoon(s) parsley
- 1/2 teaspoon(s) chili flakes
- 100 g champignon mushrooms
- 1 clove(s) of garlic
- 1 tablespoon(s) sunflower oil, for the pan
- pepper

Διατροφικός πίνακας

Nutrition information per portion

268 Calories (kcal)	15.0 Total Fat (g)	3.4 Saturated Fat (g)	24.0 Total Carbs (g)
13%	21%	17%	9%
6.9 Sugars (g)	8.9 Protein (g)	2.5 Fibre (g)	0.62 Sodium (g)
8%	18%	10%	10%