



# Spinach crepes with roasted vegetables

30'  
Hands on

60"  
Hands off

10'  
Cook Time

6  
Portion(s)

1  
Difficulty



## Method

### For the crepes

- Add all the ingredients in a food processor and process for 3-5 minutes, until there is a smooth mixture.
- Transfer the mixture to a [bowl](#), cover with plastic wrap, and refrigerate for at least 1 hour.
- Heat a [frying pan](#) over medium heat and add ½ teaspoon sunflower oil.
- With a ladle, pour a little of the mixture until the bottom of the pan is slightly covered.
- Cook for 2-3 minutes and then, carefully, flip the crepe. Cook for another 2-3 minutes.
- Remove the crepe from the frying pan and follow the same process for the remaining mixture.

### For the filling

- Cut the vegetables into 1 cm thick slices and add them to a bowl.
- Add the olive oil, salt, pepper, and mix well with a serving spoon.
- Heat a frying pan over medium heat and sauté the vegetables in batches, for about 3-4 minutes, until they are golden on both sides.
- Transfer the vegetables to a bowl and sauté the next batch.
- In a bowl mix the yogurt, the dill, the lemon zest, salt, and pepper.
- Spread 1-2 tablespoons of the yogurt over each crepe and divide the vegetables among them.
- 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 filling

- 1 yellow bell pepper
- 1 green bell pepper
- 1 red bell pepper
- 200 g portobello mushrooms
- 2 carrots
- 50 g olive oil
- salt
- pepper
- 200 g strained yogurt
- 1/4 bunch dill, finely chopped
- lemon zest, of 1 lemon

## Διατροφικός πίνακας

### Nutrition information per portion

255 Calories (kcal)	13.0 Total Fat (g)	3.4 Saturated Fat (g)	24.0 Total Carbs (g)
13%	19%	17%	9%
8.6 Sugars (g)	8.6 Protein (g)	3.3 Fibre (g)	0.7 Sodium (g)
10%	17%	13%	12%