



# Vegetable crepes

20'  
Hands on

40 minutes'  
Hands off

10'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Method

### For the crepes

- In a bowl, whisk together the flour, eggs, milk and mustard seeds until completely combined.
- Cover with a towel and set aside for 30-40 minutes.
- Place a nonstick pan (22-24 cm) over medium heat and add 1 tablespoon of olive oil.
- Add 1 ladleful of the mixture for each pancake.
- Cook for 2-3 minutes on each side, until golden.
- When ready, transfer to a plate and keep warm.
- Repeat the same process until all of the mixture is done.

### For the filling

- Wipe down nonstick pan with paper towels and place over medium heat.
- Add some olive oil and the potatoes.
- Sauté until golden and use a slotted spoon to transfer to a baking pan.
- Repeat the same process to prepare the zucchini and add them to the baking pan along with the potatoes.
- Using the same nonstick pan, place back over heat.
- Add some olive oil, onions, chili and garlic.
- Sauté until they soften.
- Add the spinach and sauté until its liquid has evaporated.
- Add the potatoes, zucchini, cumin, curry and coriander.
- Stir and sauté for 1-2 minutes.

### To assemble and serve

- To each crepe, add 2-3 heaping tablespoons of the filling and roll.
- To prepare the dipping sauce, simply combine the yogurt, lemon zest, coriander, olive oil, salt and pepper in a bowl and serve.

## Ingredients

### For the crepes mixture

- 100 g all-purpose flour
- 1 egg, lightly beaten
- 300 ml milk
- 1 tablespoon(s) mustard, black seeds
- 1 tablespoon(s) olive oil

### For the filling

- 4 tablespoon(s) olive oil
- 450 g potatoes, boiled, chopped in to 1 cm cubes
- 250 g zucchinis, chopped in to 1 cm cubes
- 2 onions, dry
- 1 chili pepper, finely chopped
- 2 clove(s) of garlic, finely chopped
- 100 g spinach, fresh
- 1 tablespoon(s) cumin
- 1 tablespoon(s) curry, mild
- 2 tablespoon(s) coriander

### To serve

- 200 g strained yogurt
- 1/2 lemon zest, of lemon
- 2 tablespoon(s) coriander, finely chopped
- 2 tablespoon(s) olive oil
- salt
- pepper

## Διατροφικός πίνακας

### Nutrition information per portion

288 Calories (kcal)	15.0 Total Fat (g)	3.1 Saturated Fat (g)	29.0 Total Carbs (g)
14%	21%	16%	11%
4.1 Sugars (g)	7.7 Protein (g)	4.1 Fibre (g)	0.16 Sodium (g)
5%	15%	16%	3%