



Spinach Pancakes

10'

Hands on

20'

Cook Time

8

Portion(s)

1

Difficulty



Method

- In a large pan, add 1 tablespoon of olive oil, spinach, salt and pepper. Lightly sauté over medium heat.
- When the spinach is ready, cool and press it with your hands to get as much of the liquid as you can out.
- Finely chop the spinach and set aside.
- Combine the flour, baking powder, egg, melted butter, salt, cumin and the milk in a large bowl. Beat with a hand whisk until smooth.
- Add the onions, peppers, feta and spinach. Mix again.
- Beat the egg whites into a stiff meringue. Add it, slowly, to the mixture. Gold in gently with a spatula so that it doesn't lose any of its volume.
- Spread some butter onto the bottom of a large pan. Place over medium heat.
- You will need 2 tablespoons of batter to make each pancake. We want to make small pancakes, about 1 cm thick and 7 cm in diameter.
- Cook for 2 minutes on each side.
- Repeat process for each pancake.
- Serve with [Aromatic Lime Butter](#).

Ingredients

- 250 g spinach
- 110 g self-rising flour
- 1 tablespoon baking powder
- 1 egg
- 1 egg white
- 50 g unsalted butter, melted
- ½ teaspoon salt
- 1 teaspoon cumin
- 150 ml milk
- 6 medium spring onions (100 g total), very finely chopped
- 1 green horn pepper, finely chopped
- 100 g feta cheese
- olive oil, for frying
- [Aromatic Lime Butter](#)

Διατροφικός πίνακας

Nutrition information per portion

227 Calories (kcal)	11.2 Total Fat (g)	5.9 Saturated Fat (g)	21.7 Total Carbs (g)
11%	16%	30%	8%
9.4 Sugars (g)	4.7 Protein (g)	7.5 Fibre (g)	0.97 Sodium (g)
10%	19%	15%	16%