



Spinach Pancake

Method:

You'll need:

- 60g spinach
- 2 eggs
- 125g plain flour
- 100ml milk
- Pinch of salt and pepper

1. Blend all the ingredients together to a smooth liquid.
2. Heat a frying pan with a drizzle of oil or small cube of butter. When hot, pour in enough batter to cover the bottom of the pan.
3. After 1 minute, flip the pancake and finish cooking for a further minute.
4. When cooked, you can add any filling into the pancake, such as grated cheese, sliced ham, or roasted vegetables.