

Delicious Dinners Pancake Power!



Pancakes can form a delicious and versatile part of any meal. Here's a spicy idea for dinner.

Tip: the beef/turkey mince could be replaced by a meat-free alternative.

The Pancakes

Equipment:

Weighing Scales,
Kitchen roll, Bowls,
Spoons, Whisk or
fork, Small frying pan,
Spatula

Ingredients:

(Makes 8)

125g plain flour
1 large egg
300ml semi-skimmed milk
2 teaspoons vegetable oil
2 tablespoons cold water

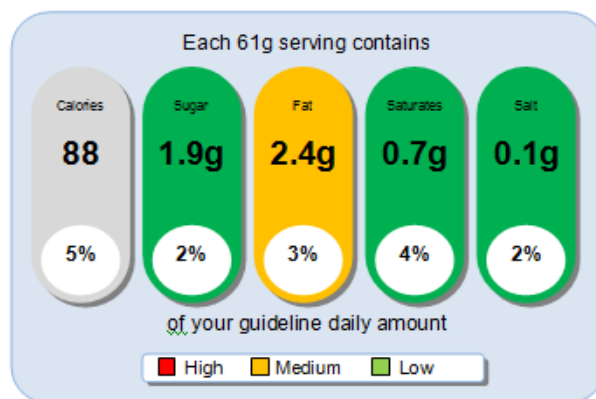
Preparation and Cooking Method:

1. Put the flour, egg, milk and water into a large mixing bowl. Whisk the ingredients together to make a thin batter.

2. Heat 2-3 drops of oil in a frying pan. (You will need to do this for each pancake you make. *Tip: use kitchen roll to spread the oil evenly over the base of the pan*). Spoon in about 3 tablespoons of batter, tilting the pan as the batter is added to swirl it over the base.

3. When the underside of the pancake is cooked, flip it over (or use a spatula) to cook the other side. Cook 8 thin pancakes in this way - and serve them as soon as you cook them, or keep them warm in a low oven until all 8 are ready. *Tip: You can cover and chill the batter for up to 4 hours before making the pancakes, but stir it well before cooking them.*

Nutrition Information



Guideline daily amount for children (5-10 years)



Equipment:

Weighing Scales, Kitchen roll, Bowls,
Spoons, Whisk or fork, Small frying
pan, Spatula

Ingredients:

(Makes 8)

1 tablespoon vegetable oil
200g lean mince (eg beef or turkey)
1 large onion, finely chopped
1 clove garlic, finely chopped
2 x 400g can of chopped tomatoes
2 tablespoons tomato puree
black pepper, freshly ground
½ teaspoon each of chilli, cumin
and coriander powders
1 red pepper, chopped
200g mushrooms, sliced
400g can of kidney beans, drained



The Power Filling

Preparation and Cooking Method:

1. Heat oil in large saucepan and fry garlic and onion gently for a couple of minutes.

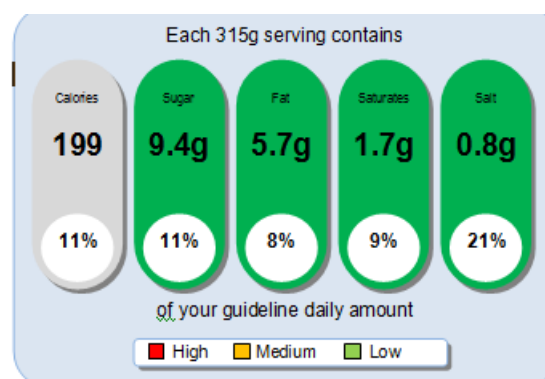
2. Add mince and cook until lightly browned.

3. Add tinned tomatoes, tomato puree, spices and black pepper. Bring to boil and simmer for 30 minutes, stirring occasionally.

4. Add the peppers, mushrooms, and kidney beans, and simmer for a further 15-20 minutes, stirring occasionally.

5. Place two tablespoons of the filling in the middle of each pancake. Roll up the pancakes. Enjoy

Nutrition Information



Guideline daily amount for children (5-10 years)