THE LIGHTER PLATE METHOD

Lentil & Spinach Breakfast Pancakes

Thin, savoury lentil pancakes in the South Indian style, crisp at the edges.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**2**	**MEDIUM**

Ingredients

- 150 g red lentils
- 100 g baby spinach
- 1 tsp cumin seeds
- 1 green chilli (deseeded)
- 150 g natural yoghurt
- 1 small handful fresh coriander
- 2 tbsp vegetable oil

Method

1. The night before, cover the lentils with plenty of cold water and leave to soak.
2. Drain and rinse the lentils, then blitz in a blender with the spinach, chilli, cumin seeds, a good pinch of salt and 100ml fresh water until smooth. It should be the consistency of pouring cream.
3. Heat a little oil in a non-stick frying pan over a medium heat. Pour in a quarter of the batter and spread thin with the back of a ladle.
4. Cook for 3 minutes, until the edges lift and the underside is golden, then flip and cook for 1½ minutes. Repeat.
5. Serve with yoghurt and plenty of coriander.

Tips & swaps

- The soak is what makes them light, so start the night before. The batter keeps three days in the fridge and thickens; loosen with water.

Storage & reheating

Batter keeps 3 days in the fridge; cooked pancakes reheat in a dry pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
290	**17g**	**38g**	**8g**	**8g**

Estimated values, for guidance only. Contains: Milk.