THE LIGHTER PLATE METHOD

Savoury Tapioca Crêpe

The savoury version of the classic Brazilian tapioca crêpe, ready to fill with whatever's in the fridge.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**5 min**	**8 min**	**1**	**EASY**

Ingredients

- 3 tbsp tapioca starch
- 1 tsp chia seeds
- 1 tsp olive oil (for greasing)

Method

1. Mix the tapioca starch and chia seeds with a splash of water to a sandy, slightly damp texture.
2. Sprinkle evenly into a hot, lightly greased non-stick pan and press down gently — it will bind as it heats.
3. Cook for 2 minutes, until it holds together and browns lightly, then flip and cook the other side.
4. Fill with sautéed vegetables, chopped tomato and oregano, tuna or shredded chicken.

Tips & swaps

- Tapioca starch binds through heat alone — no egg needed, which makes this a good vegan wrap base.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

110	**1g**	**26g**	**1g**	**1g**

Estimated values, for guidance only.