



Spring Green pancakes

Ingredients:

150g plain flour

150 ml milk

1 teaspoon baking powder

3 large free-range eggs

100g mixed spring greens: (*eg spinach, chard, nettles*)

Small handful of fresh herbs (*we're using chives, oregano and parsley*)

1 tablespoon vegetable oil (*we use rapeseed oil*)

Pinch of salt

¼ teaspoon ground black pepper

¼ teaspoon of ground nutmeg



Equipment:

Sharp Knife & chopping board

scissors (for herbs)

Large frying pan

Large mixing bowl

Small mixing bowl

Fish slice or spatula (for turning pancakes)

Measuring spoons

Measuring jug

Food processor, blender or stick blender

Cooking Instructions:



1. Wash and dry any freshly picked greens and herbs- Use washing up gloves to wash the nettles separately then pour boiling water over the leaves and leave to cool



Chop off any thick stems from the chard leaves, roughly chop and then pour boiling water over these leaves too. (*you can miss the blanching out if the leaves are young and tender*)



2. Measure the flour, salt, nutmeg and bicarbonate of soda into the large mixing bowl.
3. Beat the egg in the small mixing bowl



4. Squeeze any water out of the spinach leaves into a bowl. Then put the leaves into the food processor. Keep the squeezed water for later



5. Add the beaten egg to the spinach. Then turn the food processor onto high for a few minutes until everything becomes a smooth paste. Then add the milk and blitz again till it's all mixed together



6. Finely chop the herbs (making sure you remove any woody stems) and add to the mix



7. Put the frying pan onto the hob on a medium heat.
Add a tablespoon of oil.
Once the pan is hot add tablespoons of the mixture to the pan to make 4 pancakes
Cook for 1-2 mins or until bubbles appear, then flip over for 1 min more until cooked.
Repeat until you have used all the pancake mixture.

Keep the cooked pancakes hot on a plate in an oven turned on low



8. While the pancakes are cooking chop the cheese into crumbs and mix with the yoghurt.
Finely chop some mint leaves and add to the mix with a squeeze of lemon and some black pepper to taste



Once the pancakes are ready serve with a dollop of the cheese dip on top

Alternative servings:

These are nice for brunch served with poached eggs on top

They also make a nice vegetarian dinner topped with stewed mushrooms and poached egg or with a mushroom and cheese sauce

See www.seasonwell.co.uk for more recipes and information on seasonal veg