

SPINACH PANCAKE WITH TARTARE, CARROT AND PAPRIKA

2 persons / 468 kcal per serving

Ingredients:

- 62 grams of flour
- 1 egg
- 200 ml of semi-skimmed milk
- 200 grams of fresh spinach
- 10 grams of butter
- 200 grams of grated carrots
- 2 beef tartlets
- ½ red bell pepper
- pepper and salt



Preparation:

Cut the carrots in 2 and cook them for 12 minutes until tender. Cut the bell pepper into strips. Heat a pan without butter and fry the tartlets in it for 8 minutes without them browning nicely on the outside and still a little rosé on the inside. Stir fry the spinach in a dry pan. Press away moisture in a sieve. Finely chop the spinach. Place the flour in a bowl, make a well in the center and break the egg in it. Add the milk while stirring and mix to a nice smooth batter. Add the spinach to the batter and mix well. Season with salt and pepper. Heat a knob of butter in a frying pan, add a generous spoonful of batter and let it run all over the bottom of the pan. Bake the pancake for 3 minutes until the bottom is golden brown, turn the pancake over and bake the other side for 1 minute. Bake the other pancake in the same way. Place the spinach pancakes on plates, put a tartar on one half with some carrots on the side. Fold the pancake in half. Add some strips of bell pepper.

Nutritional value per person:

Energy:	468 kcal
Protein:	33.7 grams
Carbohydrates:	36.9 grams
- including sugars:	12.1 grams
Fat:	18.9 grams
Fiber:	6.9 grams
Salt:	1.7 grams