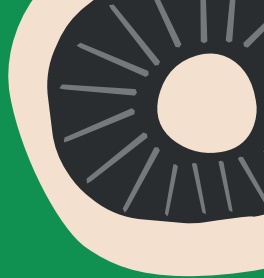


**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM



This week, let's fill up on...

SPINACH AND MUSHROOM PANCAKES



45



SPINACH AND MUSHROOM PANCAKES



INGREDIENTS

For the pancakes:

- ½ mug of plain flour
- 2 eggs
- 1 mug of milk
- 1 tbsp vegetable oil

For the filling:

- 8 chestnut mushrooms
- 5 blocks of frozen spinach, defrosted
- 1 tsp curry powder

For the topping:

- 1 sachet of white sauce
- 1 mug of semi-skimmed milk
- A handful of grated cheddar cheese



Pancakes aren't just for Pancake Day - they make a great savoury main meal any day of the year!

METHOD

01

Pop the oven on at 180C.

02

To make the pancakes, add the flour to a medium bowl. Make a well in the middle and crack in the eggs. Using a whisk or fork, mix it all together until smooth with no lumps, then gradually pour in the milk (using the same mug used to measure the flour) and whisk together to make the batter.

03

Heat the vegetable oil in a medium non-stick frying pan. Once hot, ladle in some batter to make the first pancake (you will make 4), swirling and tilting the pan as you go so it thinly covers the base of the pan. Cook for 1-2 minutes before flipping over and cooking for another 1-2 minutes until lightly golden. Repeat this process with the remaining batter to make 4 pancakes in total, and set aside.

04

Roughly chop the mushrooms, then put the frying pan back on the heat, add the mushrooms and cook for 3-4 minutes until nicely browned. Squeeze any excess water from the

spinach and add the spinach to the mushrooms. Add the curry powder and cook for another minute, then set aside.

05

To make the white sauce, pour the milk into a pan and add the white sauce powder. Whisk together until the sauce thickens, according to the packet instructions.

06

Arrange the pancakes on a clean, flat surface. Scatter each evenly with the mushrooms and arrange the spinach on top. Roll each pancake up tightly and then place them all in an ovenproof dish, seam side down, so they sit snugly side by side. Pour over the white sauce, spreading it evenly to cover the pancakes and scatter over the grated cheese.

07

Cook in the hot oven for 15-20 minutes until golden brown and bubbling. Serve onto plates and tuck in.

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