Snacks / Ireland

Savoury pancakes with green beans and courgette · Ireland

Small savoury pancakes with two vegetables, developed as a modern Ireland-inspired snack.

Time 35 min **Servings** 4

What you'll need.

- ☐ 200 g plain wheat flour
- ☐ 250 ml pasteurised milk
- ☐ 150 g courgette
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 2 eggs
- ☐ 200 g green beans
- ☐ 30 ml neutral cooking oil
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Finely grate firm vegetables and chop softer ones. Briefly fry or steam until cooked, then drain thoroughly.

02 Whisk the flour, eggs and milk or coconut milk into a smooth batter. Fold in the vegetables and flavourings.

03 Heat a little oil in a frying pan. Spoon in small portions of batter and spread thinly.

04 Cook gently until golden on both sides and fully set inside, with no wet batter. Repeat with the remaining batter.

AI-developed, not kitchen-tested.

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