



SUPPER DISHES

Week 4

Spinach and feta pancake

Serves: 10

Item Code	Description	Quantity	Pack Size
18933	• Everyday Favourites Medium Fresh Eggs Prepacked	5	1x18
14831	• Arla UHT Milk	750ml	12x1ltr
31653	• Everyday Favourites UHT Dairy Single Cream	100ml	12x1ltr
42018	• Everyday Favourites Plain White Flour	150g	6x1.5kg
70525	• Everyday Favourites Leaf Spinach	250g	10x1kg
03435	• Everyday Favourites Extended Life Vegetable Oil - Polybottle	100ml	4x5ltr
89241	• Mevgal Greek Feta Wedge	250g	12x200g

Key: • Ambient | • Frozen | • Chilled

Method

1. Whisk the eggs, milk, cream and flour together to make the batter, season to taste.
2. Cook the defrosted spinach in a small pan without water, squeeze out all liquid and chop roughly, add to pancake mix and stir in well.
3. Heat a little oil in a pancake pan and spoon 1 portion of the mix onto it, crumble a portion of feta onto the pancake, cook until set then turn over to cook the other side and serve.

Nutritional values per portion

Energy (kJ/kcal)	1268/303	Total Sugars (g)	4.1
Fat (g)	21.2	Fibre (g)	1.2
Saturated fat (g)	7.1	Protein (g)	12.9
Carbohydrate (g)	15.3	Salt (g)	1.1

Allergens

Contains:

Cereals containing Gluten / Eggs / Milk