

Tuesday
21ST
February



Pancakes with Nutella and Caramelised Figs

PANCAKE METHOD

1. Sift the flour, and a pinch of salt into a bowl. Make a well in the centre with the back of a spoon then break in the egg and pour in half the milk. Whisk together, gradually incorporating the flour to make a smooth thick batter. Beat thoroughly to remove any lumps, then stir in the rest of the milk.
2. Heat a little oil in a medium frying pan, then tip off the excess into a bowl. Pour about 2 tablespoons of batter into the pan, tilting the pan as you pour, until the batter thinly coats the base. Cook over a moderate heat for 30 seconds to one minute until golden brown on the underside.
3. Flip over the pancake with a palette knife, and cook the other side until it is golden brown. Slide the pancake out of the pan on to a plate. Heat a little more oil or butter and cook the remaining pancakes one at a time in the same way. Keep in a warm oven until ready to serve.

CARAMELISED FIG METHOD

4. Heat oven to 160 degrees C.
5. Cut figs in half and place flesh side up in a baking dish. Sprinkle over the brown sugar pour over the lemon juice. Bake in the oven for approx. 20 – 25 mins or until the sugar begins to caramelize. Remove from oven and set aside.
6. When ready to serve, spread a thin layer of Nutella on top of each pancake top with the prepared figs

INGREDIENTS

- 100grams/ 2/3 cup plain flour
- 1 large egg
- 300ml/ 1 ¼ cups milk
- 4 figs
- 1 tbs brown sugar
- juice of half a lemon
- 120g Nutella (20g / 1tbsp per pancake)
- Olive oil spray for frying

NUTRITIONAL INFORMATION

Serving Size 203g
Serves: 4

Preparation time: 40 minutes
Difficulty: Medium

| | Average Quantity per Serving | Average Quantity per 100g |
|----------------------|------------------------------|---------------------------|
| Energy | 1680kJ (401Cal) | 826kJ (197Cal) |
| Protein | 11.6g | 5.7g |
| Fat, Total | 18.0g | 8.9g |
| - Saturated | 5.9g | 2.9g |
| Carbohydrate | 46.6g | 22.9g |
| - Sugars | 27.8g | 13.7g |
| Dietary Fibre | 2.9g | 1.4g |
| Sodium | 65mg | 32mg |

Ingredients: Milk, Fig (23%), Nutella (14%) (Sugar, Vegetable Oil, Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-Reduced Cocoa, Powder (7.4%), Emulsifier (Soy Lecithin), Flavouring (Vanillin)), Wheat Flour, Egg, Pistachio (3.5%), Lemon Juice, Brown Sugar, Olive Oil

Contains: Wheat, Egg, Milk, Soybean, Tree Nuts.

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www.nutella.com.au or www.nutella.co.nz