

Tuesday
21ST
 February



Nutella and Mango Pancake Skewers

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.
4. When ready to serve, spread a thin layer of Nutella over the pancake and roll tightly. Cut the pancake into 1 inch pieces and place onto a bamboo skewer followed by a square of the mango. Repeat this process 2- 3 times or until skewer is full.

INGREDIENTS

- 100grams/ 2/3 cup plain flour
- 1 large egg
- 300ml/ 1 ¼ cups milk
- 120g Nutella (20g / 1tbsp per pancake)
- 1 mango chopped into 2 cm cubes
- Olive oil spray for frying

NUTRITIONAL INFORMATION

Serving Size 131g
 Serves: 6-8

Preparation time: 15 minutes
 Difficulty: Easy/Kid Friendly

	Average Quantity per Serving	Average Quantity per 100g
Energy	973kJ (232Cal)	779kJ (186Cal)
Protein	6.6g	5.2g
Fat, Total	9.4g	7.6g
- Saturated	3.7g	2.9g
Carbohydrate	29.6g	23.7g
- Sugars	17.4g	13.9g
Dietary Fibre	1.1g	0.9g
Sodium	42mg	33mg

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

Ingredients: Milk, Mango (25%), Nutella (15%) (Sugar, Vegetable Oil, Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-Reduced Cocoa, Powder (7.4%), Emulsifier (Soy Lecithin), Flavouring (Vanillin)), Wheat Flour, Egg, Olive Oil.
Contains: Wheat, Egg, Milk, Soybean, Tree Nuts.