

Tuesday  
**21<sup>ST</sup>**  
February



## Pancakes With Nutella, Raspberry and Raspberry Puree

### PANCAKE METHOD

1. In a bowl whisk together sifted flour, baking soda and salt.
2. In a separate bowl, whisk together the egg & Nutella. NB: If Nutella doesn't stir through easily, place the mixture over a bowl of boiling water so it melts a little. Beat in milk.
3. Pour the wet ingredients into the dry mix & stir until just combined.
4. Heat a little oil in medium frying pan. Pour 2 tbsps of batter into the pan, tilting the pan as you pour, so the batter coats the base. Cook over moderate heat until underside is golden brown (approx. 30 – 60 secs).
5. Flip the pancake, & cook the other side until golden brown then slide on to a plate. Heat a little more oil to cook the remaining pancakes.

### PUREE METHOD

6. Blend raspberries, lemon juice & castor sugar in a food processor, then pass mixture through a fine sieve into a bowl to remove seeds.
7. When ready to serve, top pancakes with fresh raspberries, spoon over the raspberry puree & sprinkle with the chopped pistachios (if using).

### INGREDIENTS

- 175grams or 1 1/2 cups plain flour
- 1 tsp baking powder
- Pinch of salt
- 1 large egg
- 120g Nutella (20g or 1tbsp per pancake)
- 350 mL or 1/2 cups milk
- Olive oil spray for frying
- 250grams or 1 cup fresh or frozen raspberries
- Juice of a lemon
- 75g or 1/3 cup castor sugar
- Handful of chopped pistachios (optional)

### NUTRITIONAL INFORMATION

Serving Size 138g  
Serves: 6-8

Preparation time: 15 minutes  
Difficulty: Easy/Kid Friendly

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1530kJ (366Cal)	839kJ (200Cal)
<b>Protein</b>	9.5g	5.2g
<b>Fat, Total</b>	12.6g	6.9g
- Saturated	4.2g	2.3g
<b>Carbohydrate</b>	51.3g	28.1g
- Sugars	29.3g	16.1g
<b>Dietary Fibre</b>	4.1g	2.2g
<b>Sodium</b>	209mg	115mg

**Ingredients:** Milk, Raspberry (24%), Wheat Flour, Nutella (10%) (Sugar, Vegetable Oil, Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-Reduced Cocoa, Powder (7.4%), Emulsifier (Soy Lecithin), Flavouring (Vanillin)), Sugar, Egg, Lemon Juice, Pistachio, Baking Powder (Mineral Salts (450, 500), Starch (Wheat)), Salt, Olive Oil.

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

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