

Chickpea Pancakes with Beef & Lentils

Serves 4

What you need to do

2½ cups (200g) chickpea flour, sifted
1½ cups (350ml) oat milk
1½ cups (300g) lentils, can, drained
10.5 oz. (300g) ground lean beef, 5% fat
3 tbsp. coconut oil
1 onion, chopped
2 cloves garlic, chopped
4 tbsp. Greek yogurt
4 spring onions, sliced
6 sprigs coriander, chopped
6 sprigs mint, chopped
salt & pepper

Sift the flour over a bowl. Mix with 1 teaspoon of salt and pepper. Pour in the milk and let stand for 10 minutes.

Finely chop the onion and garlic. Heat 1 tablespoon of oil in a pan over medium-high heat and fry the onion and garlic until golden. Add the minced beef and cook until brown. Next, add the lentils and stir until the lentils are warm, then take off the heat.

In a separate pan, heat some of the remaining coconut oil, over medium heat. Pour around 2-2.5 serving spoons of batter into the pan and fry the pancakes on both sides for around 3 minutes until golden brown. Continue with the process to make 8 pancakes.

To serve, place 2 pancakes on a plate top with the minced meat mixture, a tablespoon of Greek yogurt and the chopped fresh herbs and some spring onions.

GF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	506	20	48	33

*Nutrition per serve

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