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Goat's Cheese and Caramelised Onion 'Chic Pea' Pancake

In honour of pancake day, Mimi has created these beautiful chickpea pancakes! They are egg and gluten free and make beautiful, light savoury crepes. A little chef's trick you learn in this recipe is to rest your pancake batter for a few minutes before cooking, this helps create a more even texture for lighter, fluffier pancakes!

40 mins

2.5 of your 5 a day

mealkit

veggie



Red Onion
(1)



Chestnut Mushrooms
(1 punnet)



Plum Tomatoes
(1 punnet)



Gram Flour
(175g)



Water
(350ml)



Balsamic Vinegar
(1 tbsp)



Goat's Cheese
(1 roll)



Rocket
(1 bag)

2 PEOPLE INGREDIENTS

- Red Onion, sliced
- Chestnut Mushrooms, sliced
- Plum Tomatoes, halved
- Gram Flour

1
1 punnet
1 punnet
100g

- Water
- Balsamic Vinegar
- Goat's Cheese
- Rocket

350ml
1 tbsp
1 roll
1 bag



Our fruit and veggies may need a little wash before cooking!

Did you know...

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday.

Allergens: Milk, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	417 kcal / 1756 kJ	20 g	11 g	38 g	10 g	27 g	1 g
Per 100g	104 kcal / 439 kJ	5 g	3 g	10 g	3 g	7 g	0 g



1 Preheat your oven to 200 degrees. Cut the **red onion** in half through the root, peel and slice into thin half moon shapes. Cut each **chestnut mushroom** into four slices. Cut the **plum tomatoes** in half. Pop your **mushrooms** and **plum tomatoes** on a large lined baking tray. Drizzle over some **oil**, a pinch of **salt** and a good grind of **black pepper**. Give the tray a shake and leave to the side for a few minutes.



2 To make the **batter**, put the **gram flour** in a large bowl with a good pinch of **salt** and a grind of **black pepper**. Whisk in the **water** (amount specified in the ingredient list) with a whisk or a fork, until you are left with a smooth batter (no lumps!). Pour your **batter** into a measuring jug. Leave to the side to stand for a few minutes (this is essential for pancake making).



3 Drizzle a good glug of **olive oil** into a saucepan on medium heat and add your **onion**. Cook for 7 mins. Meanwhile, pop your **mushrooms** and **tomatoes** on the top shelf of your oven for 15 mins.



4 When your **onion** has cooked for 7 mins, add the **balsamic vinegar**, pop a lid on, turn the heat down to low and leave to cook for 8-10 mins until nicely caramelised, then remove the pan from the heat and leave to the side. Meanwhile, cut the **goat's cheese** into roughly 1cm chunks and leave to the side.

5 Pancake time! For the perfect pancake you need a hot pan. Drizzle some **oil** into a medium-sized frying pan (about 20cm wide), and put on high heat. Use kitchen paper to rub the excess oil away (careful not to burn yourself).

6 Once the pan is hot, pour in 75ml of **batter** (you will be making two pancakes per person, but we've given you a bit of extra batter to practise with!). Quickly tilt your pan to roll your **batter** around, until it covers the base of the frying pan (see picture 6). Leave to cook for 2-3 mins, until you can see bubbles appearing and your pancake comes away easily from the pan. Carefully flip and cook the other side for 1-2 mins. Both sides should be golden - don't worry if your first pancake isn't the prettiest, it's not a beauty pageant! **Tip:** If you only have a small frying pan, just use 50ml of batter per pancake and make more pancakes!

7 Once your **veggies** are roasted, remove them from your oven, drain off any excess water and add to a bowl with your **goat's cheese**. Stir together to melt your cheese.

8 Plating up time! Take everything to the table - this is a fun one to serve yourselves! We recommend adding a spoonful of your **cheesy veggies** to a pancake, followed by a little caramelised **red onion** and a handful of **rocket**, then devouring your open pancakes.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!