

Salami and Cheese Crepe

CAL: 364 PROTEIN: 22 CARBS: 15 FIBRE: 3 FAT: 24



Salami and Cheese Crepe



SERVES:

2



TIME:

15 minutes



INGREDIENTS

30g buckwheat flour

80ml almond milk

1 large egg

Salt & pepper, taste

2 tsp Dijon mustard

70g salami, thinly sliced

100g red bell pepper, diced

50g cheddar cheese, grated

INSTRUCTIONS

Start by adding flour, milk and egg in a small bowl and whisk to combine. Season with salt and pepper and set aside.

Next, heat a medium non-stick fry pan over medium heat. Pour in half the batter and gently swirl the pan to create a thin layer. Cook for 2 minutes until set around the edges. Flip and cook for an additional 1-2 minutes. Transfer to a plate and repeat to make the second crepe.

Once both crepes are cooked, spread each one with mustard, layer with salami, red bell pepper and cheese and fold into quarters.

Now, reheat pan over medium heat, add crepes and cook for 1-2 minutes, turning once, until heated through and you can see cheese melting.

Serve immediately.

MACROS

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