



CHEESY CHICKEN PANCAKES

SERVINGS: 4

PREP TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

NOTES:

 **MADE IN UNDER 30 MINUTES**

 **CONTRIBUTES TO 5 A DAY**

 **BASIC KITCEHN EQUIPMENT**

 **LOW/MEDIUM DIFFICULTY**

INGREDIENTS

**150G WHOLEMEAL PLAIN FLOUR
1 LARGE EGG
375ML SEMI-SKIMMED MILK
(OR USE READY MADE PANCAKES)**

**SMALL HANDFUL CHOPPED PARSLEY
DRIZZLE VEGETABLE OIL
75G LOW-FAT SOFT CHEESE
8 SLICES WAFER-THIN ROAST
CHICKEN
12 QUARTERED CHERRY TOMATOES
SALAD LEAVES**

**YOU COULD ALSO ADD:
SLICED ONION
CUCUMBER
BASHED UP CROUTONS
FRESH CHILLI OR CHILLI FLAKES
EXTRA CHEESE**

RECIPE ON REVERSE SIDE.

**CHECK OUT THE AROMA INSTAGRAM
AND FACEBOOK PAGE FOR
TUTORIALS AND COOK-ALONG
SESSIONS.**



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METHOD

FOR THE PANCAKSES:

MIX THE WHOLEMEAL PLAIN FLOUR AND 1 LARGE EGG IN A BOWL.

GRADUALLY ADD THE MILK, STIRRING TO PREVENT LUMPS FORMING. ONCE SMOOTH, STIR IN THE PARSLEY.

LIGHTLY WIPE A NONSTICK FRYING PAN WITH VEGETABLE OIL USING A SHEET OF KITCHEN PAPER, THEN PLACE OVER A MEDIUM HEAT.

ONCE HOT, POUR IN A LADLEFUL OF BATTER AND TIP THE PAN TO EVENLY COAT THE BASE. COOK THE PANCAKE FOR 1-2 MINS EACH SIDE UNTIL COOKED THROUGH.

TRANSFER TO A PLATE; COVER WITH A CLEAN TEA TOWEL. REPEAT TO USE ALL THE BATTER, RE-GREASING THE PAN BETWEEN EACH.

TO ASSEMBLE:

SPREAD THE SOFT CHEESE OVER THE PANCAKES. DIVIDE 8 SLICES OF THE ROAST CHICKEN, 12 QUARTERED CHERRY TOMATOES AND SALAD LEAVES BETWEEN EACH, ALONG WITH ANY ADDITIONAL INGREDIENTS.

ROLL UP AND CUT IN HALF AND ENJOY!