

Kale & coriander pancakes (vegan & GF)

Search:

- [Vegetables](#)
- [Recipes](#)

Kale & coriander pancakes (vegan & GF)

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)



Rate this recipe

0 people are cooking this [Count me in](#)

Looking for indulgent brunch ideas? Try these kale & coriander pancakes with slow-roasted tomatoes and avocado cream. Need we say more?

Ingredients (makes 8-10)

Slow-roasted tomatoes

- 2 large tomatoes, sliced into rounds, or 8 cherry tomatoes, halved
- Olive oil, for greasing and drizzling
- Sea salt and freshly ground black pepper
- 3 sprigs fresh thyme, leaves picked

Kale pancakes

- 100 g organic plain white flour
- ½ tsp baking powder
- 1 lime, zested
- 1 tsp garlic granules
- 1 tsp ground cumin

Kale & coriander pancakes (vegan & GF)

- 1 tsp sea salt
- Freshly ground black pepper
- 2 large kale leaves, washed and stems removed
- 35 g coriander, leaves and stalks
- 100 ml milk
- 1 egg, beaten
- 1 tbsp olive oil
- Rapeseed oil, for frying

Avocado cream

- 1 very ripe [avocado](#)
- ½ shallot
- 1 tbsp lime juice, or to taste
- Pinch red chilli flakes
- 1 tbsp tahini
- Salt and freshly ground black pepper

Method

Slow-roasted tomatoes

Preheat oven to 160°C. Place tomato slices or halves on a greased baking tray or enamel plate, drizzle with olive oil, season with salt and pepper, and scatter over the thyme leaves. Roast for 25 to 30 minutes, until they have softened and slightly shrivelled.

Pancakes

While the tomatoes are roasting, make the pancake batter. Put the flour, baking powder, lime zest,

spices, and salt and pepper into a mixing bowl. Blitz the kale leaves and coriander in a food

processor until very finely chopped. Combine the milk, egg, olive oil, [kale](#) and coriander in another

bowl or jug. Pour the liquid ingredients into the flour mixture and whisk, adding one tablespoon of

cold water to the batter to loosen it, if necessary – you want it about the consistency of double

(heavy) cream. Leave to rest while you make the avocado cream, and remove the tomatoes from the

oven.

Dig out your best medium-sized non-stick frying pan (skillet) and a silicone brush or spatula. Pour about one tablespoon of rapeseed oil onto a small plate and brush your pan with the oil. Heat the pan over a high heat until stinking hot, then spoon about half a ladleful of the pancake mixture into the pan.

Swirl the pan in a circular motion to evenly distribute the mixture – you’re aiming for small, thick, American-style pancakes. Cook for two to three minutes and then shake the pan. When the pancake comes away from the bottom easily, flip it over and cook on the other side for two minutes, until golden. Transfer to a plate and cover with foil to keep warm. Repeat the process with the rest of the pancake mixture.

Avocado cream

Blitz the avocado flesh, shallot, lime juice, chilli flakes and tahini in a food processor and blend until you have a smooth cream. Scrape out of the food processor, and into a bowl, and season to taste.

To Serve

Divide the pancakes between two plates and serve topped with the slow-roasted tomatoes and

Kale & coriander pancakes (vegan & GF)

avocado cream.

Recipe from Rosie Birkett

[NEXT: Breakfast quesadillas with black bean, spinach and mushroom>>](#)

```
function displayNutrition(msg) { $('<div>.nutrition-label-container').text(msg); $('<div>.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('<div>.result').html(data); alert('This recipe was added to your favorites list'); }); }
```