

Kale & mushroom buckwheat pancakes

Search:

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

Kale & mushroom buckwheat pancakes

```
(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.cre  
ateElement(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
```

Kale & mushroom buckwheat pancakes



Rate this recipe

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

Fancy a savoury breakfast? This recipe ticks the pancake box, while being all kinds of deliciously savoury.

Ingredients (makes 6)

- 125 g buckwheat flour
- ½ tsp sea salt
- 1 tbsp mixed dry herbs
- 1 free-range egg
- 150 ml milk
- 1 tsp olive oil

On Top:

- 1 cup pine mushrooms
- 1 cup kale leaves, chopped
- ½ cup plain Greek yoghurt
- 1 small cucumber, diced
- 5 cherry tomatoes, diced

Kale & mushroom buckwheat pancakes

- Dill, to garnish

Method

Sift the flour and salt into a mixing bowl, then add the dry herbs and mix well. Crack an egg into the centre and mix again.

Add the milk and an equal amount of water, then mix until smooth.

Set aside, while you make the filling.

Mix the yoghurt, cucumber and tomato together until combined and set aside.

Heat the oil in a pan over a medium heat.

Add the mushrooms and kale, sautéing for a few minutes until the mushrooms soften and the kale wilts. Tip the mix into a bowl and add the pan back to the stove.

Pour in the pancake batter to cover the base of the pan thinly. Fry for a minute, or until the underside looks golden brown, then flip and cook the other side.

Remove the pancake to a plate and top with yoghurt, kale and mushrooms.

Season and devour.

Words, recipes and photography: [Sally O'Neil](#).

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