

# Spinach crepes with creamy chickpeas & mushrooms

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## Spinach crepes with creamy chickpeas & mushrooms

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We have been making green crepes for years and it's just so nice to have a quick backup that we know everyone loves.

Makes about 12 crepes

The spinach and basil in the batter add colour and flavour, and also make them healthier. We serve them with different fillings every time, depending on what we have available. Our chickpea (garbanzo bean) filling is always a good option, and simple fried mushrooms are a favourite too.

### Spinach crêpes

- 5 free-range eggs
- 500 ml (2 cups) plantbased milk of choice (e.g. oat milk)
- 150 g (1 cup) rice flour
- 1 tbsp butter or virgin coconut oil, melted, plus extra to fry
- A pinch of sea salt
- 50 g (1 cup) baby spinach or regular spinach, stems removed, or frozen spinach (thawed)
- 12 fresh basil leaves
- Virgin coconut oil or butter, to fry

### Creamy chickpeas

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- 3 tbsp extra-virgin olive oil
- 3 tbsp tahini
- Juice of 1 lemon
- 1 tsp runny honey or pure maple syrup
- Sea salt and freshly ground black pepper
- 2 small red apples, cored
- 2 × 400 g tins chickpeas, drained and rinsed

### Sautéed mushrooms

- 2 tbsp extra-virgin olive oil, virgin coconut oil or butter
- 500 g mixed mushrooms, cleaned
- 2 cloves of garlic, peeled
- 2 tsp fresh thyme leaves
- Sea salt and freshly ground black pepper

### To serve

- Toasted sunflower seeds
- Fresh basil leaves
- Fresh sprouts
- Sea salt and freshly ground black pepper
- Extra-virgin olive oil

To make the crêpe batter: crack the eggs into a blender or food processor, add the rest of the ingredients (except the oil or butter for frying) and blend until completely smooth and green. Set aside in the fridge for about 30 minutes to rest.

Meanwhile, prepare the creamy chickpeas: place the oil, tahini, lemon juice and honey or maple syrup in a medium-sized serving bowl, season to taste with salt and pepper and whisk until combined. Grate or dice the apples, transfer to the bowl along with the chickpeas, mix until well coated in the dressing and set aside.

To prepare the sautéed mushrooms, heat the oil in a large frying pan (skillet) on a medium-high heat. Finely slice the mushrooms and finely chop the garlic.

Add them to the pan along with the thyme, season to taste with salt and pepper, and sauté (without stirring) for about 5 minutes or until golden. Turn them over and sauté for a further 5 minutes or until tender and golden.

Remove from the heat and set aside while you cook the crêpes.

Heat a little oil in a 20-centimetre non-stick frying pan on a medium-high heat.

Once hot, whisk the batter then ladle  $\frac{1}{3}$  cup into the pan, tilting the pan to spread and evenly distribute the batter. Fry for 1 to 2 minutes or until small bubbles form on the surface and the base is golden.

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Carefully flip the crêpe with a spatula and fry the other side for a further 1 to 2 minutes or until cooked and golden. Transfer to a plate and repeat with the rest of the batter (you may need to reduce the heat slightly after the first crêpe).

Top each crêpe with some chickpeas and mushrooms, a scattering of sunflower seeds, basil and sprouts, a sprinkling of seasoning and a drizzle of oil, then fold in half and serve.

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