



SPINACH AND FETA FILLED PANCAKES

HEAT LEVEL 

Savor the savory goodness of our Spinach and Feta Filled Pancakes - a delightful combination of fluffy pancakes filled with a rich blend of spinach and feta for a satisfying and flavorful meal.

25 Mins

4 Servings

INGREDIENTS

PANCAKES:

375 ml (1 1/2 cups) cake flour
1 ml (pinch) salt
1 extra large egg
About 500 ml (2 cups) water
45 ml (3 Tbsp) Spur Salad & French Fry Dressing
Cooking oil, for frying

FILLING:

30 ml (2 Tbsp) cooking oil
1 onion, coarsely chopped
1 clove garlic, crushed
300 g spinach, coarsely chopped
100 g feta cheese, broken into chunks
30 g (about 6) peppadews or 1/2 red pepper, coarsely chopped
15 ml (1 Tbsp) chopped fresh oreganum/thyme or 5 ml (1 tsp) dried
3 ml (1/2 tsp) Spur Seasoning Salt
Freshly ground black pepper to taste

TOPPING:

200 ml (1 sachet) Spur Cheese Sauce
30 ml (2 Tbsp) milk
125 ml (1/2 cup) grated Cheddar cheese, optional
Fresh herbs to garnish

METHOD

Pancakes

- 1 Sift the flour and salt together. Whisk the egg, water and Spur Salad & French Fry Dressing together. Add to the dry ingredients and beat until smooth and lump free. Leave the batter to stand for about 10 minutes before using. If batter is too thick, add a little water.
- 2 Lightly oil and heat a heavy-based frying pan, about 20 cm in diameter. Pour about 80 ml of batter into the pan to cover the base. Fry until light brown on both sides. Continue with remaining batter and set pancake aside.

Filling

- 1 Heat the oil in a medium heavy-based saucepan. Add onion and garlic, and saute until soft.
- 2 Add the spinach and heat through until it softens. Add feta, peppadews, oreganum, Spur Seasoning Salt and pepper.
- 3 Fill the pancakes and roll up and place in a large ovenproof dish

Topping

- 1 Mix Spur Cheese Sauce and milk. Pour the sauce over the pancakes and top with extra cheese. Bake in a preheated oven at 180°C for about 15 minutes. Serve warm and sprinkle with fresh herbs.

VARIATIONS

- 1 Add 125 g button mushrooms, sliced.
- 2 Add 100 ml (1/2 sachet) Spur Tomato & Chilli Sauce.

