

Wholegrain pancakes with smoked salmon, cottage cheese and cucumber

Total time **20 mins** 5 mins preparation time 15 mins cooking time

Nutritional facts (per portion):
2445 kJ / 584 kcal

Fat: **25.1 g** Protein: **39.6 g**
Carbohydrates: **50.0 g**

INGREDIENTS

2 portion(s)

100 g wholegrain spelt flour
35 g millet flour
1 tsp baking powder
220 ml kefir
2 eggs
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)

Topping:

100 g smoked salmon
150 g cottage cheese
1 cucumber
1 tsp fresh dill
1 tbsp [Kikkoman Toasted Sesame Oil](#)

PREPARATION

Step 1

Thoroughly mix all the ingredients for the pancakes.

Step 2

Grease a hot frying pan with a little Kikkoman sesame oil. Place in a tablespoon of batter and form the pancakes. When bubbles appear on the surface of the pancakes, turn them over.

Step 3

Transfer to plates. Spread over the cottage cheese and put slices of salmon and cucumber on top. Sprinkle the dish with sesame seeds and dill. You can also use any other favourite herbs.