

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):

2,445 kJ / 584 kcal

INGREDIENTS

2 portion(s)

100 g wholegrain spelt flour

35 g millet flour **1 tsp** baking powder

220 ml kefir2 eggs

2 tbsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

Topping:

100 g smoked salmon150 g cottage cheese1 cucumber

1 tsp fresh dill

1 tbsp <u>Kikkoman Toasted</u>

Sesame Oil

Fat: **25.1** g Protein: **39.6** g

Carbohydrates: 50.0 g

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.