Savoury and colourful crêpes



Consejo del chef

These crêpes are perfect for any time and there are a lot of different fillings.

Raciones para 2

- ❏ **200 gr** Tofu
- ❏ **1** Avocado
- ❏ Cherry tomatoes
- ❏ **50 gr** Rocket salad
- ❏ **1** Mango
- ❏ **360 ml** Water or unsweetened veggie milk
- ❏ **175 gr** Wheat flour
- ❏ **10 gr** Cornstarch
- ❏ **2 gr** Salt
- ❏ **1 gr** Black pepper
- ❏ **2** Tablespoons of chopped parsley
- ❏ Lemon zest
- ❏ Nutmeg

1. Smash and mix all the ingredients for the crepes batter.
2. Heat a non-stick pan with a drop of oil and ladle the crepe batter, tilting the pan to cover the bottom.
3. Cook for a minute and, when the crepe begins to pull away from the pan, flip it.
4. Cook the other side and repeat the same directions until you use all the batter.
5. Fill the crepes with smoked tofu slices, diced avocado with a few drops of lime juice, sliced mango, tomato, and rocket salad.

Chef's Notes

https://cookinglovers.teka.com/en/receta/crepes-salados-multicolor/