



## 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

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<https://cookinglovers.teka.com/es/receta/crepes-salados-multicolor/>

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