



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/>

