

SAVOURY WALNUT CREPES



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INGREDIENTS

For the crepe:

- 10 to 12 Basil leaves
- 8 to 10 California walnuts
- 3/4 cup oats flour
- 1/2 cup gram flour
- 1 inch grated ginger
- Salt & red chilli powder to taste
- 1 cup water or as need to get the desired consistency

For the filling:

- 1 tablespoon oil
- 1 tablespoon chopped garlic
- 1/2 cup halved cherry tomatoes
- 1 cup sliced mushrooms
- Salt & chilli flakes to taste
- 1 tablespoon Italian seasoning
- Handful of spinach leaves
- 1 grated carrot
- 3/4 cup grated panner
- 6-7 crushed walnuts

INSTRUCTIONS

For the crepes:

1. Blend all the ingredients together until you get the desired consistency
2. Cook on a pan with low to medium heat on both sides

For the filling:

1. Heat oil & sauté garlic.
2. Add the tomatoes, mushrooms & spinach with salt & let it cook until the water evaporates.
3. Add the rest of the veggies & add some crushed walnuts.
4. Assemble the crepes & enjoy !

Nutritional Value for 4 servings	
Energy (kcal)	
Calories (g)	334 g
Protein (g)	19.4 g
Fiber	5.5 g
Total fat (g)	14.5 g
Monosaturated fat (g)	
Polynsaturated fat (g)	