



Savoury pancake

Delicious and quick to put together dinner that would go well with a salad. Serves 2. Per serve: Cal: 281; Fat: 23.5g; Pro: 17g; Carbs: 1g

Serves: 2, Prep time: 00:10, Cook time: 00:15

Instructions

Whisk eggs with coconut flour and seasoning to make a batter. Set aside.

Finely dice onion, garlic and peppers. Heat oil in a frypan (that can be placed under the grill) and cook these over a low heat until soft (but not crisp).

Pour the batter into the frypan that incases the vegetables and sprinkle with the feta cheese. Preheat grill on high.

Leave pan over medium heat until cooked underneath, transfer to grill and finish off cooking.

Sprinkle with parsley. Serve.

Ingredients

- 3 Eggs
- 3 tablespoon Coconut flour
- 0.5 teaspoon Seasoning, salt and pepper
- 1 tablespoon Extra virgin olive oil
- 0.5 Onion
- 100 Garlic, cloves
- 0.25 Red capsicum
- 0.25 Green capsicum
- 50 grams Cheese, Feta
- 3 tablespoon Flat leaf parsley