



Everything  
But The Chef

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## Mushroom & Spinach Crepes

Crepes are a famous Brittany speciality, from the historical city of Saint Malo. Typically made with buckwheat flour, we've simplified it for a week-night classic, and filled them with moreish mushrooms, fresh baby spinach and silky chevre goat's cheese.



**Prep:** 10 mins

**Cook:** 20 mins

**Total:** 30 mins



level 2



nut free



4 pantry items



Free Range Eggs



Button Mushrooms



Garlic



Spring Onions



Baby Spinach



Chevre Goat's Cheese

2P	4P	Ingredients
1 cup	2 cups	plain flour *
1 cup	2 cups	milk *
2	4	free range eggs, lightly whisked A ⊕
1 tsp	2 tsp	butter *
1 tbs	2 tbs	olive oil *
140 g	200g	baby spinach, roughly chopped
1 punnet	2 punnets	button mushrooms, finely sliced
1 bunch	2 bunches	spring onions, finely sliced
1	2	garlic clove, peeled & crushed ⊕
⅓ block	½ block	chevre goat's cheese, crumbled ⊕

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3110	Kj
Protein	37.5	g
Fat, total	21.7	g
-saturated	7.4	g
Carbohydrate	93.3	g
-sugars	9.8	g
Sodium	297	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Whisk the **plain flour**, **milk**, and **egg** together in a medium bowl until smooth. Season with **salt** and **pepper**. Refrigerate for at least **10 minutes**.



**2** Heat the **butter** and half of the **olive oil** in a large frying pan over a medium-high heat. Add the **baby spinach** and cook for **1-2 minutes**, or until wilted. Pour out any excess liquid from the pan and discard. Remove the spinach from the pan and set aside. Add the **button mushroom** and **spring onion** and cook, stirring, for **3-4 minutes** or until tender. Add the **garlic** and cook for a further **1 minute**, or until fragrant. Return the spinach to the pan and stir to heat through. Remove from the heat and cover with foil to keep the mixture warm.



**3** Heat a little of the remaining oil in a small frying pan (or crepe pan) over a medium-low heat. Add ¼ cup of the crepe batter and tilt the pan to cover the base with the mixture. Cook for **1-2 minutes** or until the underside is golden. Flip and cook for **1 minute**. Remove and place on a plate. Repeat with the remaining batter, adding a little more oil each time.



**4** To serve, stir the **chevre goat's cheese** through the mushroom mixture. Place a little mushroom mixture on top of each crepe and roll them up. Divide between plates.

**Did you know?** It takes approximately 3 days to make goat's cheese.