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Chickpea Pancakes with Cajun Chicken and Sweetcorn Salsa

In honour of pancake day, Mimi has created these beautiful chickpea pancakes! They are egg and gluten free and are light and savoury. It is always best to have a test run with your first pancake, so we have given you extra batter to play with!

40 mins

4 of your 5 a day

mealkit

super spicy



Echalion Shallot (1)



Higher Welfare Chicken Thigh (4)



Sour Cream (1 pot)



Cajun Spice Blend (1½ tsp)



Lime (1)



Gram Flour (175g)



Ground Coriander (1½ tsp)



Water (350ml)



Sweetcorn (1 tin)



Coriander (1 bunch)



Vine Tomato (2)



Premium Baby Leaf Mix (1 bag)

2 PEOPLE INGREDIENTS

- Echalion Shallot, sliced
- Higher Welfare Chicken Thigh
- Sour Cream
- Cajun Spice Blend
- Lime
- Gram Flour

1
4
1 pot
1½ tsp
1
175g

- Ground Coriander
- Water
- Sweetcorn
- Coriander, chopped
- Vine Tomato, chopped
- Premium Baby Leaf Mix

1½ tsp
350ml
1 tin
1 bunch
2
1 bag



Our fruit and veggies may need a little wash before cooking!

Did you know...

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday.

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	877 kcal / 3685 kJ	37 g	13 g	74 g	18 g	36 g	2 g
Per 100g	127 kcal / 532 kJ	5 g	2 g	11 g	3 g	5 g	0 g

1



1 Cut the **shallot** in half through the root, peel and then slice into thin half moon shapes. Cut the **chicken thighs** into 1cm wide strips and pop them on a baking tray with your **shallot**, half the **sour cream** and the **cajun spice blend**. Grate in half the **lime zest**. Season with **salt** and then mix well to make sure your **chicken** is coated. Leave to the side.

2



2 Put the **gram flour** in a bowl and add the **ground coriander** and a pinch of **salt**. Whisk in the **water** (amount specified in the ingredient list) and then leave to one side. This is your pancake batter!

3



3 Drain the **sweetcorn** in a sieve and rinse. Shake well and then pop in a bowl. Separate the **coriander** leaves from their stalks. Finely chop the **stalks** and add them to your **pancake batter**. Roughly chop the **leaves** and add them to your **sweetcorn**. Chop the **tomato** into 1cm chunks and add this to your **sweetcorn**.

6



4 Grate your remaining **lime zest** into your **sweetcorn** and then season with a pinch of **salt**. Add a glug of **oil** and mix well, keep to one side. Preheat your grill to its highest setting. Place your **chicken** under your grill for 12-15 mins. Turn half way through to make sure it cooks evenly. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

5 For the perfect **pancake** you need a hot pan. Add a splash of **oil** to a medium-sized frying pan (approx 20cm wide) over high heat. Pour exactly 75ml of **batter** into a measuring jug (this will be enough for one pancake. We've given you extra to practise with, but you need to make two per person).

6 Once the **oil** is hot, use kitchen paper to rub the excess **oil** away (your pan is still so be careful). Pour in your **batter** then quickly tilt your pan to ensure your batter covers the base of the frying pan. Cook for 1-2 mins, then flip and cook for a further minute. Both sides should be slightly golden brown and fluffy.

7 Transfer your **pancake** to a plate and cover with foil to keep warm, whilst you cook your other **pancakes** in the same way.

8 Place your **chickpea pancakes**, **baby leaf mix**, **cajun chicken** and **sweetcorn salsa** in the centre of the table. Start with a **pancake**, lay on some **baby leaves**, top with your **cajun chicken** and finish with your **sweetcorn salsa** and a dollop of **sour cream**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!