

# Quinoa crepe with garlic mushrooms & spinach

## Ingredients – Serves 2

- 1/2 lemon
- 1 red onion
- 1 tbsp oil
- 200g chestnut mushrooms
- 20g pine nuts
- 240g butter beans (drained)
- 2 garlic cloves
- 6 tbsp quinoa flour
- 80g spinach
- Medium handful of fresh basil



## Method:

1. Finely chop or crush the garlic, finely slice the onion and thinly slice the mushrooms.
2. Place the quinoa flour in a bowl and gradually add 150ml water to the flour to make a thin batter, season with sea salt and black pepper.
3. In a frying pan, heat 1 tsp oil on a medium heat, add half of the quinoa batter to form a pancake. Cook for 3 mins each side.
4. Repeat with the remaining batter. Set aside and keep warm.
5. In a medium-sized pan, heat 1 tsp oil on a medium heat and fry the garlic and onion for 5 mins, then add the mushrooms and fry for a further 3 mins. Drain the butter beans and add to the pan, cook for 5 mins. Then stir through the spinach until it begins to wilt and season with sea salt and black pepper.
6. Meanwhile, finely chop the basil and half of the pine nuts and mix in a bowl with a squeeze of lemon and 1 tbsp olive oil. Season with sea salt.

7. Place the quinoa crepes on two warm plates and spoon over the beans, spinach and mushrooms and drizzle over the pesto. Scatter over the remaining pine nuts.