

## Green Pea Pancakes with Loaded Green Salad

Serves: 1

Prep time: 8 Minutes

Cooking time: 8-10 Minutes

### Ingredients:

#### Green pea pancake

- 150g defrosted baby peas
- 2 tablespoons almond meal
- 2 tablespoons corn flour
- 1 egg
- 1-2 tablespoons butter/oil for frying

#### Green Salad

- 1 squirt of Japanese mayonnaise
- ½ avocado, sliced
- 2-3 zucchini ribbons
- 1 small handful of mint leaves
- 1 small handful of baby spinach
- 2 snow peas, sliced diagonally
- 1 tablespoon sliced red onion
- ¼ cup mixed seeds and nuts
- 1 tablespoon feta cheese, crumbled
- 2 teaspoons of basil pesto
- 1 teaspoon extra virgin olive oil

#### Optional extras

- [poached egg](#) / haloumi / smoked salmon / chicken / meat

### Method:

#### Green pea pancakes

- Combine all the ingredients, (**except the butter/oil**) in a food processor and blend to a thick seedy consistency
- Heat butter/oil in a large frying pan to medium-high and place two large spoonfuls of the pea mixture into the pan. Cook for 2-3 minutes on both sides or until cooked through
- Arrange the pancakes in centre of the serving dish, drizzle the mayonnaise over the top

#### Green Salad

- Arrange the avocado slices over the pancakes
- Combine the extra oil with the pesto and add to the remaining ingredients, toss to combine then place on top of the avocado.
- Top with any of the **optional extra's**. I used poached egg and smoked salmon
- **Serve and Enjoy!**



***Simplicity:*** This healthy dish is so fresh and vibrant, serve as is or with any of the optional extra's. ***It's on the table in under 20 minutes***