KIKKOMAN

Wholegrain pancakes with smoked salmon, cottage cheese and cucumber

Total time **20 mins** **5 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,445 kJ / 584 kcal

Fat: **25.1 g** Protein: **39.6 g**
Carbohydrates: **50.0 g**

INGREDIENTS

2 portion(s)

100 g	wholegrain spelt flour
35 g	millet flour
1 tsp	baking powder
220 ml	kefir
2	eggs
2 tbsp	Kikkoman Naturally Brewed Soy Sauce

Topping:

100 g	smoked salmon
150 g	cottage cheese
1	cucumber
1 tsp	fresh dill
1 tbsp	Kikkoman Toasted Sesame Oil

PREPARATION

Step 1

Thoroughly mix all the ingredients for the pancakes.

Step 2

Grease a hot frying pan with a little Kikkoman sesame oil. Place in a tablespoon of batter and form the pancakes. When bubbles appear on the surface of the pancakes, turn them over.

Step 3

Transfer to plates. Spread over the cottage cheese and put slices of salmon and cucumber on top. Sprinkle the dish with sesame seeds and dill. You can also use any other favourite herbs.