



# Crêpes with roasted butternut squash and spinach (serves 2)

These savoury crêpes make a sophisticated starter for autumn entertaining but we think you will love them so much you will want them all year round. Experiment and create your own savoury vegetable filling to suit each season.

## Ingredients for crepes

100g buckwheat, hemp or fava flour
½ teaspoon of baking powder
1 egg
200g skimmed milk
Juice from 1 lemon
2 teaspoon of hemp oil
Season with pinch of salt

## Filling

1 red onion
½ butternut squash
1 red pepper
Pinch of black pepper
30g spinach
50g light soft cheese

## Method

1. Preheat the oven to 220°C/200°C fan/gas 7.
2. Cut the butternut squash into chunks, place on a baking tray and roast for about 25 minutes.
3. Add the roughly chopped peppers and onions to the butternut squash and cook for a further 10-15 minutes.
4. While the roast vegetables are cooking prepare the crêpe batter, mix all the dry ingredients together.
5. Whisk together the egg, lemon juice and milk.
6. Bring all the crêpe ingredients together and mix.
7. Sparingly use the hemp oil in a hot pan, use a ladle to thinly spread the crêpe mixture into pan, mix will give 4 crêpes.
8. Cook the crêpes for a couple minutes each side.
9. Once roast vegetables are ready, mix in soft cheese, spinach and season.
10. Fill the crêpes and roll them, serve 2 crêpes per person.

## Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	470kJ 111kcal	6.8g	3.4g	0.9g	13.2g	5.4g	2g	0.27g
Per 376g Serving	1766kJ 419kcal	25.6g	12.9g	3.6g	49.4g	20.2g	7.6g	1.0g