

## Ratatouille Pancakes

### Ingredients

Pancakes:

100g (4oz) Juvella low protein mix

200ml (7 oz) water

Filling:

175g canned tomatoes, drained and chopped

1 courgette, washed and diced

1 onion, peeled and chopped

½ green pepper, sliced

1 garlic clove, peeled and crushed

½ teaspoon dried herbs

A little margarine or vegetable oil



### Method

1. To make the pancakes, mix together the low protein mix and the water to give a smooth, lump free batter.
2. Heat a little oil in a medium sized frying pan and pour in 2-3 tablespoons of batter-enough to coat the base of the pan thinly.
3. When the underside is cooked, turn the pancake over and cook the other side. Make three or more pancakes in the same way.
4. To make the filling, put all of the prepared vegetables in a pan with the garlic and herbs.
5. Simmer for 10-15 minutes.
6. Divide the filling mixture between the pancakes, then roll each pancake up and place in an ovenproof dish.
7. Dot with the margarine or pour a little oil over each pancake and bake for 24-30 minutes until heated through.