

# Savoury Pancake



- Preparation time: 5-10 minutes
- Cooking time: 5 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	46%	
LCT	14g	32%	
Protein	14g	14%	
Carbohydrate	8g	8%	
Energy (calories)	394kcal	100%	





# Savoury Pancake

Ingredients	Quantity	Your recipe
Egg, beaten	15g	
Butter, melted	10g	
MCTprocal™	32g	
Water	10g	
Cheddar cheese, grated	10g	
Spray oil	1 spray	
Tomatoes, chopped	40g	
Ham, chopped	25g	

## Method:

1. Mix egg, melted butter, MCTprocal™ and water to make a smooth batter.
2. Add grated cheese to the batter.
3. Heat spray oil in small frying pan over medium heat and add batter.
4. Cook for 2 minutes, flip pancake and cook for another 2 minutes until golden brown.
5. Add chopped tomatoes and ham to top of pancake.
6. Fold pancake or serve as it is.



- Ensure the pan is hot before adding batter



## Always check with your dietitian what is suitable for you

- Vary the filling e.g. serve with smoked salmon and cream cheese



MCTprocal is a food for special medical purposes and must be used under medical supervision