

Zucchini Curry Schmarrn

30—40 Min

Preparation

1. Finely grate the carrots and zucchini.
2. Combine the egg, yogurt, sea salt, chives, ground cinnamon, curry powder and coconut flakes and grated vegetables. Add flour and stir until smooth.
3. Heat the oil in a pan and add the mixture in an even layer.
4. Fry the pancakes on both sides over a medium heat until golden brown. Then use a knife or spoon to divide into bite-sized pieces, dish out onto plates and enjoy.

Ingredients 2 Portions

= Kotányi Produkte

4	Carrots, medium-sized
0.25	Zucchini
1	Egg
100 g	Yogurt
3 tbsp.	Chives, freshly chopped
2 tbsp.	Coconut flakes
55 g	Wholemeal spelt flour
3 tbsp.	Sesame oil
0.25 tsp.	Cinnamon, Ground
1 tsp.	Curry Powder
1 pinch	Sea Salt, Coarse