



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

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.

