



BAKED VEGETABLE PANCAKES



QimiQ BENEFITS

- Bake stable
- Quick and easy preparation
- Problem-free reheating possible



25



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE PANCAKES

250 ml	Milk
2	Egg(s)
150 g	Flour, coarse grain
	Salt
	Ground nutmeg
1 tsp	Flat-leaf parsley, finely chopped
	Butter, to fry

FOR THE FILLING AND TOPPING

250 g	QimiQ Cream Base
450 g	Seasonal mixed vegetables
250 g	Low fat quark [cream cheese]
3	Egg yolk(s)
	Salt and pepper
	Ground nutmeg
1 tbsp	Flat-leaf parsley
3	Egg white(s)
	Butter, for the baking tin

METHOD

1. Preheat the oven to 160 °C (conventional oven).
2. Whisk the milk, eggs, flour, salt, nutmeg and parsley together. Allow to rest and use to make 4 pancakes.
3. Cook the vegetables until firm to the bite, drain and put to one side.
4. Add the quark, egg yolks, seasoning and parsley to the QimiQ Sauce Base and mix well.
5. Whisk the egg whites stiff. Fold with the vegetables into the QimiQ Sauce Base mixture.
6. Use two thirds of the vegetable mixture to fill the pancakes. Roll up, halve and arrange in a greased oven-proof dish. Cover with the remaining vegetable mixture and bake for approx. 25 minutes.