

STRAWBERRY SALSA PANCAKES

Preparation 20 mins | Cooking 15 mins | Makes 8

1½ cups plain flour 3 tsp baking powder 2 tbs caster sugar 1 free-range egg, lightly beaten 1 cup milk 250g punnet strawberries, hulled and finely chopped

2 tbs butter, to pan-fry 2 tbs vegetable oil, to pan-fry

Icing sugar, for dusting

Strawberry salsa: 250g punnet strawberries, hulled and sliced 2 tbs fresh orange juice 1 tbs caster sugar

STEP 1 To make strawberry salsa, combine ingredients in a medium bowl and toss to coat. Set aside for 10 minutes.

STEP 2 Meanwhile, combine flour, baking powder and sugar in a large bowl. Make a well in the centre of the dry ingredients. Whisk egg and milk together in a jug. Add egg mixture to dry ingredients and whisk with a fork until a smooth batter forms. Stir in chopped strawberries.

STEP 3 Heat 1 the butter and 1 the oil in a large non-stick frying pan over medium-high heat, and once butter has melted swirl to coat pan. Using a ½ cup mixture per pancake and cooking in batches, cook pancakes until small bubbles appear on the surface, then flip and cook for a further 2 minutes or until golden, puffed and cooked through. Lightly dust pancakes with icing sugar and serve with strawberry salsa.

Good for you...STRAWBERRIES

A great source of vitamin C. One of the functions of vitamin C is to contribute to the normal functioning of the body's immune system.



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