



READY TO COOK
BY HARRIS FARM

SMOKED SALMON & ZUCCHINI CREPES



PREP
15 min



COOK
20 min



SERVES
4

INGREDIENTS:

- > 7 Large Eggs
- > 3 Zucchini
- > ½ Bunch Dill
- > ½ Cup Coconut Flour
- > ½ Red Onion
- > 250g Tzatziki
- > 200g Smoked Salmon
- > ½ Punnet Snow Pea Sprouts

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 2 Tbsp Red Wine Vinegar
- > ½ Tbsp Sugar
- > 2 Tbsp Pickled Jalapeños

METHOD - GET COOKING!



1 Grate the zucchini and chop half the dill.

Whisk the eggs in a large mixing bowl and season with salt and pepper. Add the grated zucchini and chopped dill. Then add the coconut flour and season. Mix well and set aside.

2 Finely slice the red onion and place in a small pot with the vinegar and sugar. Heat up pot to dissolve the sugar, then pour into a bowl and set to cool in the fridge.

3 Bring a medium sized fry pan to medium-high heat, drizzle with olive oil and brush to coat the pan. Pour ½ a cup of the egg mixture to the pan. Use a rubber spatula to slowly spread the mixture around the pan into a thin layer, making sure there are no holes.

Once the crepe has set, carefully flip it onto a plate. Repeat with the rest of the mixture until finished.

4 Serve the crepes with tzatziki, smoked salmon, snow pea sprouts, pickled onions and jalapeños. Garnish with remaining dill leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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