



READY TO COOK
BY HARRIS FARM

VEGAN PANCAKES WITH FRESH MANGO, BLACKBERRY & BLUEBERRY COMPOTE



PREP
10 min



COOK
20 min



SERVES
4

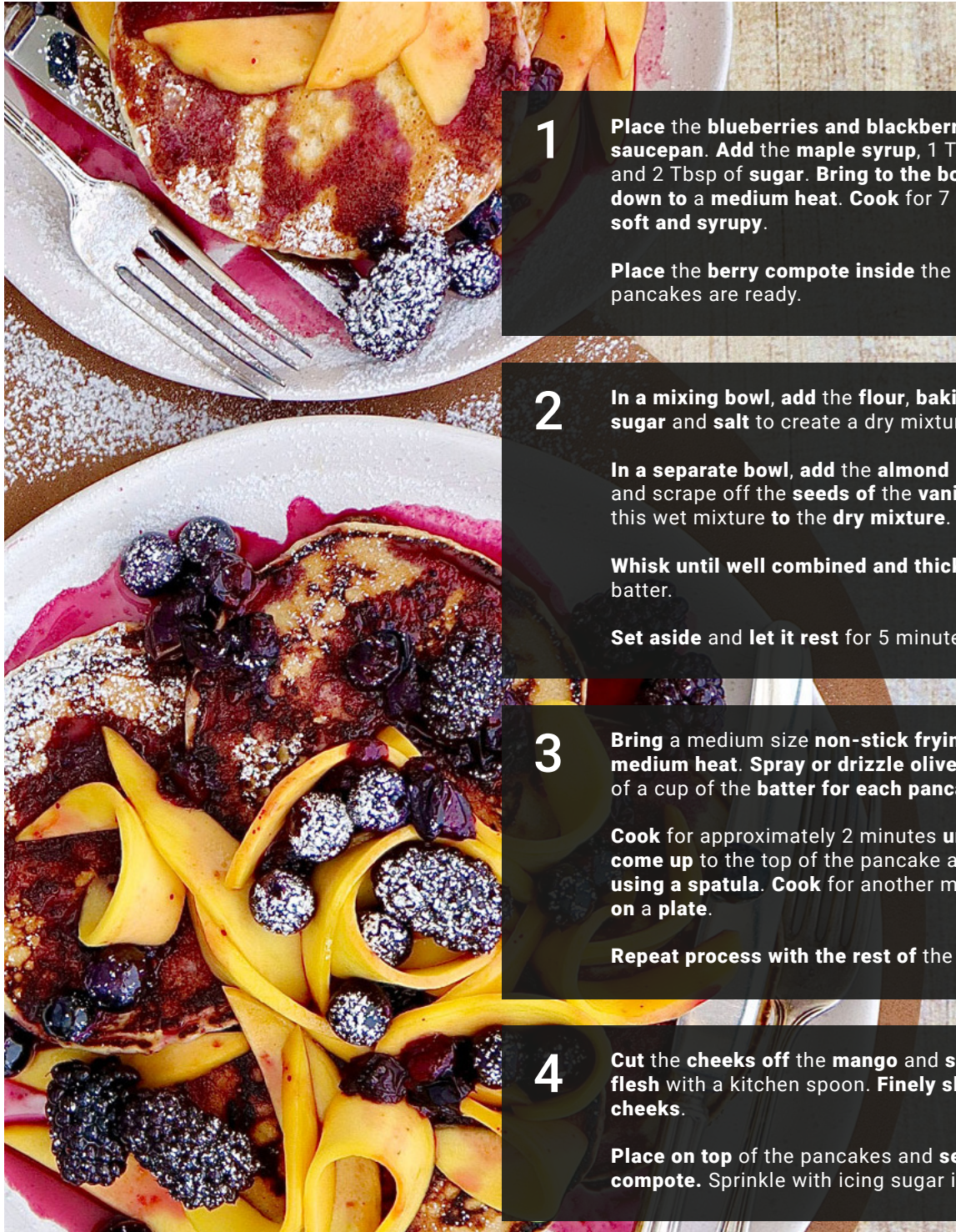
INGREDIENTS:

- > 2 Blueberry Punnet
- > 2 Blackberry Punnet
- > 1 Mango
- > 2 Cups Flour
- > 2 Tbsp Baking Powder
- > 2 Cups Almond Milk
- > 1 Vanilla Pod
- > ¼ Cup Maple Syrup

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Vinegar
- > 1 Tsp Salt
- > 4 Tbsp Sugar (2 for pancakes and 2 for compote)

METHOD - GET COOKING!



1

Place the **blueberries and blackberries** into a small **saucepan**. Add the **maple syrup**, 1 Tbsp of **vinegar** and 2 Tbsp of **sugar**. **Bring to the boil** and **turn down to a medium heat**. **Cook for 7 minutes until soft and syrupy**.

Place the **berry compote** inside the **fridge** until pancakes are ready.

2

In a **mixing bowl**, add the **flour, baking powder, sugar** and **salt** to create a **dry mixture**.

In a **separate bowl**, add the **almond milk, vinegar** and scrape off the **seeds of the vanilla pod**. Add this **wet mixture** to the **dry mixture**.

Whisk until well combined and thickens into a **batter**.

Set aside and **let it rest** for 5 minutes.

3

Bring a medium size **non-stick frying pan** to a **medium heat**. **Spray or drizzle olive oil** and add 1/3 of a cup of the **batter** for each **pancake**.

Cook for approximately 2 minutes **until little holes come up** to the top of the **pancake** and then **turn using a spatula**. **Cook** for another minute and **place on a plate**.

Repeat process with the rest of the batter mixture.

4

Cut the cheeks off the mango and **scoop the mango flesh** with a **kitchen spoon**. **Finely slice the mango cheeks**.

Place on top of the **pancakes** and **serve with berry compote**. Sprinkle with **icing sugar** if desired.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au