

Egg, Scallion and Kefir Pancake



Easy

3 people

★★★★★
5 Rating

Take your pancake in a savoury direction with this egg-packed recipe. Made with kefir for a gut-friendly base, each pancake is filled with chopped eggs and spring onions. Top with smoked salmon, sour cream and a jammy soft-boiled egg for a brunch worth getting out of bed for.

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Ingredients

Number of servings

-

3

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The original recipe is for 3 servings.
Adjusting the number of serves may require changes to cooking times and ingredient proportions.

- ☐ 250 ml kefir (or milk, but kefir is best)
- ☐ 1 egg
- ☐ 125 ml water
- ☐ 1 tsp sugar

- ☐ 1 tsp salt
- ☐ 1 tsp oil
- ☐ 150 g flour, sifted
- ☐ 1 tsp baking powder
- ☐ 4 hard-boiled eggs, chopped
- ☐ 1 bunch of spring onions, finely sliced
- ☐ Oil for frying
- ☐ 150 g smoked salmon
- ☐ 1 Tbsp chives
- ☐ 3 soft boiled eggs, cut in half
- ☐ 3 tsp sour cream

Method

1. Mix the kefir, raw egg, water, sugar, salt and oil until combined.
2. Stir in the flour and mix until you achieve a smooth pancake batter consistency.
3. Fold in the baking powder, chopped eggs and spring onions until combined.
4. Heat a non-stick frying pan over medium heat. Using a large spoon or ladle, add enough mixture to the frying pan to make a 15–20cm pancake. Cook on one side for approximately 3–4 minutes, then flip. Continue to cook until cooked through. Repeat two more times.
5. To serve, place the pancakes on plates and top with a soft-boiled egg, smoked salmon, 1 tsp of sour cream and a sprinkle of chives.

Nutrition Per Serve

