

## **Meatball Pancake Cannelloni**

420g pork meatballs  
400g bag fresh spinach  
2 tablespoons basil pesto  
250g tub ricotta  
1 egg, beaten  
¼ teaspoon ground nutmeg  
8 pancakes (see recipe below)  
500g carton passata  
1 garlic clove, crushed  
125g ball mozzarella, torn  
1 bunch of basil, leaves only

Heat the oven to 200C. Cook the meatballs in the oven for about 12 minutes. Tip the spinach into a large colander over the sink. Pour boiling water over to wilt it and leave to drain thoroughly. When cool enough to handle, squeeze out any excess liquid and chop finely. Mix the spinach with the pesto, ricotta, egg and nutmeg, then season to taste. Pour the passata over the bottom of an ovenproof dish and stir in the garlic. Divide the spinach mixture between the pancakes, spreading it out in a long strip in the centre. Add meatball pieces to each one, then roll the pancake up to seal in the filling. Lay the stuffed pancakes on the passata base and top with the mozzarella. Bake for 30 minutes until the cheese is melted and bubbling. Scatter over basil leaves to serve

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## **Pepper and Cheese Pancake Quesadilla**

100g roasted red peppers from a jar, chopped into small pieces  
140g cheddar, red Leicester or mozzarella, grated  
2 tablespoons chopped fresh coriander  
8 pancakes (see recipe below)  
Guacamole and sour cream to serve

Heat oven to 200C. Scatter the peppers, cheese and coriander over 4 pancakes. Season well and cover each one with another pancake to make a sandwich. Place the quesadilla pancakes on baking sheets and cook for 5 minutes in the oven until the cheese starts melting. Cut into triangles and serve with guacamole and sour cream.

## **Pancake recipe**

100g plain flour  
2 large eggs  
300ml milk  
1 tablespoon sunflower plus a little extra for frying

Put the plain flour, eggs, milk and oil, with a pinch of salt, into a large bowl and then whisk to a smooth batter. Set aside for 30 minutes to rest if you have time, or start cooking straight away. Set a medium frying pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.