



Soft, gluten-free Mung Bean-Pancakes with Spinach

⌚ Preparation time: 20 minutes
Cooking time: 20 minutes
Total time: 40 minutes

👤 Portions: 4

Ingredients (serves 4)

Ingredients for the gluten free pancakes

- 200 g (7 oz) split, peeled mung beans
- 200 ml (0,8 cups) plantbased milk (e.g. soy ilk or oat milk)
- 250 (8.8 oz) g silken tofu
- 2 tbsp. salt
- 1 small tsp. paprika powder
- 1 tsp. cumin

Ingredients for the creamy spinach

- 650-700 g (22.9 - 24.6 oz) frozen spinach
- 1 small tbsp. lemon juice
- 1-2 tbsp. soy sauce
- 1 pinch of garlic powder (or a small crushed, peeled clove of garlic)
- 1 tsp. curry powder (I use hot Madras Curry)
- 1 small piece of fresh ginger
- 3 tbsp. unsweetened soy yoghurt

Ingredients for the pine nut parmesan

- 25 g (0.8 oz) roasted pine nuts
- 2 tbsp. yeast flakes
- 1 small. tsp. salt
- Optional: 1 pinch of garlic powder

Good to know: I also tried this recipe as a "sweet version". So, I replaced the hearty spices with coconut sugar and cinnamon. Unfortunately the pancakes then stuck to the bottom of the pan due to the added sugar. So if you want to eat a sweet variation of the pancakes, you should not sweeten the pancakes themselves, but enjoy them topped with sweet ingredients and drizzled with date syrup, maple syrup or another sweetener afterwards.

Instructions (Einweichzeit der geschälten Mungbohnen + 30 Minuten Arbeitszeit)

1. Rinse thoroughly the peeled mung beans several times until the water remains clear. Soak mung beans in water for 4-6 hours. They will nearly double in volume. Then drain and rinse them again. On the photo below you can see dried peeled mung beans on the left and on the right how they'll look after soaking time.
2. Puree soaked mung beans with 200 ml water, 200 ml plant based milk, silken tofu and season wit 1-2 tsp. salt, 1 tsp. paprika powder and 1 small tsp. cumin in a highspeed blender.
3. Heat a flat, non-stick frying pan. Pour a portion of batter into the hot pan and swivel it out in the pan without adding any oil or fat. Let the pancake fry until a distinct golden brown rim has formed. Then carefully go under the pancake rim with a flexible spatula and loosen the pancake all around. Then turn the pancake and fry it on the second side for 2-3 minutes. Keep the pancakes warm in the oven until serving.
4. At the same time, defrost frozen spinach in a pot at medium heat. Season spinach with lemon juice, soy sauce, garlic and curry powder. Peel and grate a small piece of ginger. When the spinach is warmed up well, stir in 2-3 tbsp. unsweetened soy yoghurt just before serving. Do not heat up any more, otherwise the soy yoghurt will quickly curdle.
5. If you wish, you can also prepare pine nut parmesan. Simply grind all the listed ingredients in a mortar or pulsate briefly in a mixer.
6. Place two pancakes on each plate, fill with creamy spinach, fold twice, layer and enjoy sprinkled with pine nut parmesan.

The combination with spinach is one of my favorites. But the pancakes also taste great with hummus, guacamole, vegan herb curd or other spreads and sauces. Of course you can also serve them with oven roasted vegetables or cooked and seasoned lentils. I am excited about your favorite variation. By the way, the pancakes also taste very good when cold. As there are two of us in the household, there are always several pancakes left, which I eat as a wraps in between. Covered, you can keep them in the fridge for 2-3 days.