

Post-Workout Potato Pancakes With Cottage Cheese

Serves 1

For the pancakes:

5/8 cup (140g) potatoes, peeled and grated

1/4 cup (50g) zucchini, grated

1 egg

1/2 shallot, chopped

2 tbsp. dill, chopped

2 tbsp. spelt flour

For the topping:

1/5 cup (50g) cottage cheese

1 tbsp. natural yogurt

2 radishes, chopped

1 tbsp. dill, chopped

1/2 shallot, chopped

What you need to do

1. Wash, peel and grate the potatoes using the finest grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt and pepper. Mix well until combined to make the pancake batter.
2. Heat up a non-stick frying pan and fry small pancakes for 3 minutes, then flip and fry for another 1 minute.
3. Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.
4. Serve the pancakes warm with the cheese mix on top.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	502	20	56	28

*Nutrition per serving

