



Asparagus coconut crêpes with sweet chilli sauce



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 tbsp flour plain
- ☐ 3 eggs beaten
- ☐ 100 ml coconut milk
- ☐ 0.5 tsp turmeric
- ☐ 4 tsp unrefined sunflower oil
- ☐ 4 spring onion finely sliced
- ☐ 2 bunches asparagus trimmed (20 spears)

- ☐ 2 eggs chopped
- ☐ 4 tbsp golden syrup
- ☐ 4 tbsp soy sauce light
- ☐ 4 tbsp juice of lime
- ☐ 2 pepper flakes red finely chopped
- ☐ 1 garlic clove crushed
- ☐ 50 g roasted peanuts salted with a mortar and pestle
- ☐ 1 cucumber thinly sliced
- ☐ 1 small bunch mint leaves

Equipment

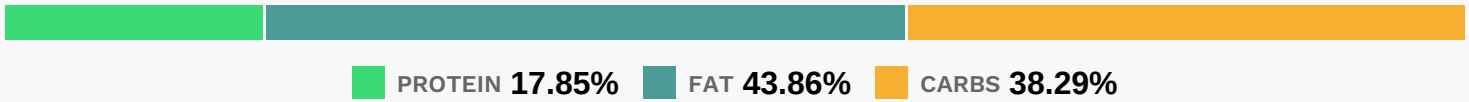
- ☐ bowl
- ☐ frying pan

Directions

- ☐ To make the sauce, mix together the golden syrup or honey, soy sauce and lime juice until smooth. Stir in the chillies and garlic.
- ☐ Transfer to a serving bowl and sprinkle in the ground peanuts. Set aside.
- ☐ Make the crpes: stir the flour, eggs, coconut milk, turmeric and some seasoning together until smooth.
- ☐ Heat a non-stick frying pan over a medium heat and add 1 tsp oil.
- ☐ Pour in a quarter of the batter in a thin layer and swirl the pan to coat the base.
- ☐ Sprinkle with a quarter of the spring onions before it sets. When golden underneath, flip over and cook the other side.
- ☐ Remove to a plate and keep warm. Make 3 more crpes in the same way, adding 1 tsp oil each time.
- ☐ Steam the asparagus for 3–5 mins. To serve, divide the asparagus and chopped egg into 4 portions.
- ☐ Place a bundle of asparagus on a crpe, sprinkle with egg, then roll up if you want, cut them in half on the diagonal.

Serve with a garnish of cucumber and mint leaves, with the sauce spooned over or on the side.

Nutrition Facts



Properties

Glycemic Index:102.25, Glycemic Load:18.34, Inflammation Score:-10, Nutrition Score:34.719130557516%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 32.83mg, Quercetin: 32.83mg, Quercetin: 32.83mg, Quercetin: 32.83mg

Nutrients (% of daily need)

Calories: 419.73kcal (20.99%), Fat: 21.61g (33.24%), Saturated Fat: 7.77g (48.54%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 34.88g (12.68%), Sugar: 24.96g (27.74%), Cholesterol: 204.6mg (68.2%), Sodium: 1151.75mg (50.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.78g (39.57%), Vitamin K: 127.56µg (121.49%), Vitamin C: 54.95mg (66.61%), Manganese: 1.15mg (57.71%), Folate: 205.03µg (51.26%), Vitamin A: 2435.89IU (48.72%), Iron: 8.39mg (46.62%), Vitamin B2: 0.7mg (41.04%), Selenium: 26.08µg (37.25%), Copper: 0.74mg (36.97%), Phosphorus: 363.28mg (36.33%), Vitamin E: 5.26mg (35.06%), Vitamin B1: 0.51mg (34.04%), Fiber: 7.57g (30.29%), Vitamin B3: 5.84mg (29.21%), Vitamin B6: 0.56mg (27.84%), Potassium: 966.88mg (27.63%), Magnesium: 98.23mg (24.56%), Vitamin B5: 2.03mg (20.31%), Zinc: 2.71mg (18.1%), Calcium: 135mg (13.5%), Vitamin B12: 0.49µg (8.16%), Vitamin D: 1.1µg (7.33%)