

CURRIED MINCE PANCAKE BAKE

Serves 8

Hands-on time: 45 minutes

Hands-off time: 45 minutes

INGREDIENTS

For the pancakes:

¼ cup NESTLÉ KLIM Full Cream Instant Milk Powder

1 large egg

¾ cup cake flour

¼ tsp baking powder

For the curry:

1 tbsp oil

1 large onion, finely chopped

2 tbsp mild curry powder

500g lean beef mince

1 clove garlic, finely chopped

¼ cup NESTLÉ KLIM Full Cream Instant Milk Powder

1½ tins (600g) chopped tomatoes

1 tsp each salt and pepper, to season

½ cup grated mozzarella cheese

Serving suggestion:

Chopped coriander

Plain low fat yoghurt

Cucumber and mint salad


METHOD

For the pancake batter:

1. Using a large mixing bowl, combine the NESTLÉ KLIM Full Cream Instant Milk Powder with 1½ cups of boiling water and whisk until smooth. Cool for 5 minutes.
2. Whisk in the egg, cake flour and baking powder until lump-free. Cover and set aside for 30 minutes while you prepare the curry.

For the curry:

3. Heat the oil in a pan over medium heat. Add the onions and curry powder and fry for 5 minutes until softened.
4. Add the beef mince and brown for 6-8 minutes.
5. Stir in the garlic and fry for 1 minute.
6. Sprinkle the NESTLÉ KLIM Full Cream Instant Milk Powder over the meat and pour in ½ cup of boiling water. Add the tinned tomatoes and stir to combine. **Chef's Tip: Use leftover tinned tomatoes to make a quick and easy sauce for pasta or pizza!*
7. Simmer uncovered, for 10-15 minutes until the sauce has thickened.
8. Season it to taste with the salt and pepper and set aside to cool while you prepare the pancakes.
9. Preheat the oven to 180°C
10. Heat a large non-stick pan over medium heat and grease with non-stick cooking spray.

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- The page is framed by a decorative border of hand-drawn food items in a golden-yellow color. The items include various types of bread (loaves, rolls, slices), a pizza slice, a hamburger, a cupcake, a slice of watermelon, a cucumber, and a fork. The illustrations are simple and stylized, scattered around the perimeter of the page.
11. Add a $\frac{1}{4}$ cup of the pancake batter and swirl the pan to coat. Cook for 30-60 seconds until golden brown and flip the pancake over to cook for another 10-20 seconds. Slide the pancake out of the pan and on to a large plate. Repeat to make 8 pancakes all together.
 12. Place a pancake on a clean surface and spoon some of the filling along the bottom of the pancake. Roll it up tightly and place in a medium rectangular (26x20cm) baking dish. Repeat with the other pancakes.
 13. Sprinkle the cheese on top and bake for 8-10 minutes or until the cheese is golden and bubbly.
 14. Sprinkle the coriander on top and serve it with a dollop of plain yoghurt and a cucumber and mint salad on the side and ENJOY!