

Asparagus & Leek Pancakes with Apple-Miso Mayo



Serving: 16



Cooking Time: 1 hour



Level: Easy



INGREDIENTS

Asparagus & Leek Pancakes:

3 tablespoons neutral coconut oil, divided
1 medium leek, white and pale green parts only, sliced
1 bunch (about 14 oz/400g or 16 fat spears) asparagus, tough ends removed, sliced
Sea salt and freshly ground black pepper
2 cups watercress or spinach leaves
1 cup (100g) sprouted or whole-grain spelt flour or buckwheat flour
1 1/2 teaspoons baking powder
1 teaspoon maple syrup
3/4 cup warm water (1 cup, if using buckwheat flour)

Apple-Miso Mayo:

2 medium apples, peeled, cored, and chopped
1 tablespoon apple cider vinegar
1 teaspoon coconut sugar or other sugar of choice
3 tablespoons purified water, plus more if needed
2 teaspoons Dijon mustard
2 teaspoons unpasteurized miso paste
1/8 teaspoon sriracha
1 1/2 teaspoons freshly squeezed lemon or lime juice
Freshly ground black pepper
1/3 cup plus 1 tablespoon olive oil
Sea salt, to taste

PREPARATION

Asparagus & Leek Pancakes

1. Warm 1 tablespoon coconut oil over medium-high heat. Add leeks and sauté for 5 minutes.
2. Add the asparagus, salt, and black pepper to taste. Add spinach, stir until the leaves have wilted. Taste and add salt if needed
3. Combine the flour, baking powder, and a large pinch of salt in a medium bowl. Add the remaining coconut oil, the maple syrup, and warm water to the flour mixture and mix just to combine.
4. Add 2 heaping tablespoons of batter per pancake to the pan. Cook pancakes until their edges darken and dry out a bit.
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6. Serve right away with Apple-Miso Mayo or yogurt.

Apple-Miso Mayo

1. Combine the apples, apple cider vinegar, sugar, and water in a medium saucepan over medium-high heat, until apples are completely soft.
2. Combine the cooked apples, mustard, miso paste, sriracha, lemon or lime juice, and black pepper in a blender.
3. Taste for salt and adjust if needed.