

Brought to you by...



## Avocado and cucumber dip with corn pancakes

Serves 4

- 3 ripe avocados, cubed**
- 1 cucumber, chopped**
- 2 limes, juice**
- 4tbsp fresh mint leaves**
- salt and pepper**
- 2 egg yolks**
- 315ml Dawn Fresh Soya Milk**
- 240g plain flour, sieved**
- 120g sweetcorn**
- 50g fresh coriander leaves**
- 2tbsp olive oil**

- 1** Process the avocados, cucumber, lime juice and mint in a blender. Season.
- 2** Next, make the pancakes. Beat the egg yolks and soya milk together. Pour into the flour and mix well. Add the sweet corn and coriander.
- 3** Leave to rest for 15 minutes. Heat a little oil in a medium non-stick frying pan. Pour in a little batter and lift the pan, rolling the mixture around to cover the base.
- 4** Cook over a medium heat for two minutes or until golden brown underneath. Flip over and cook the other side. Serve warm with the avocado and cucumber dip.

Fat	27g	Carbs	50g	Energy	479kcal
Protein	13g	Sodium	.4g	Fibre	2g



Avocado and cucumber dip with corn pancakes