



Just a
SALAD

SPINACH BEEF ROLLS

INGREDIENTS:

Pancakes:

- 1 egg
- 1/2 cup milk
- 1/3 glass sparkling water
- 50 g wheat flour
- 1 handful spinach leaves
- 1 pinch of salt
- 1 tablespoon rapeseed oil

Salad:

- 3-4 spinach pancakes
- 2 handfuls lettuce mix
- 1 packaging Sokolow beef jerky
- 150 g fluffy cream cheese
- 1 yellow pepper
- 250 g cherry tomatoes
- 3 tablespoons sunflower seeds

Dressing:

- 4-5 tablespoons grapeseed oil
- 1 level teaspoon honey
- 1 clove garlic
- 1 tablespoon white wine vinegar
- 1 teaspoon lemon juice
- salt, freshly ground pepper

PREPARATION:

1. Crush garlic in a press and mix with other dressing ingredients.
2. Fry sunflower seeds on a dry pan.
3. Use a blender to mix milk, sparkling water, egg, flour, salt and spinach until homogeneous. Add the oil and mix again. Fry 3-4 pancakes on a hot frying pan (1 minute on each side).

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4. Put the beef jerky into a food processor and blend it to dust, then mix with cream cheese. Spread the prepared paste on the pancakes, collapse, make rolls and cut into slices approx. 1 cm thick.
5. Cut tomatoes into halves. Wash pepper, remove the core and dice finely.
6. On a platter put alternately the salad mix, the pepper and cherry tomatoes. Pour dressing over the whole. Put pancake rolls. Sprinkle with sunflower seeds.