

## Jian Bing Breakfast Crepes



Serves	Prep Time	Cooking	Total Time	Calories
<b>2 people</b>				<b>200 kcal</b>

### Stuff that's in it:

- 40G Wholemeal Flour ((I Used Self Raising But You Can Use Plain))
  - 40G Plain Flour
  - 175ML Water
    - 1 Egg
    - Salt
    - Oil
- Coriander (Torn)
- Nigella Seeds
- Chilli Flakes
- Sriracha

### What you do:

Whisk your flours and water, I then popped in my nutri bullet to make smooth, you don't have to but makes a better batter.

Heat oil in large pan pour half the batter and spread out all over until covered, allow to go opaque, scramble your egg and pour half over, lift the pancake and fold in half once the egg starts to cook, flip, then fold again so it's in a quarter, cook until egg is to your liking, (mine was firm but not rubbery) I just sprinkled my spices over each side, you can add them inside the pancake if you like, add spring onion?

What ever.

Traditionally this has wonton crackers in too, fried and broken up inside but I didn't have any.

### **Nutrition**

Copyright 2024 by Sarah McDonald, All Rights Reserved.

**[www.fitfastcook.com](http://www.fitfastcook.com)**