

LEMONY BASIL CHICKEN CREPES WITH CURRY SAUCE

These basil-heavy savoury crepes are restaurant worthy, but rest assured they aren't a high-flying kitchen feat. For a vegetarian version, try stuffing them with chickpeas and spinach. The batter can be mixed together up to 24 hours in advance if covered and chilled. Garnish with basil microgreens, if you like.

CREPES

- 1 cup (250 mL) spelt flour or whole wheat pastry flour
- 2 large organic eggs
- 1 cup (250 mL) milk or plain nondairy milk
- 1/4 cup (60 mL) water
- Zest of 1 lemon
- 1 cup (250 mL) fresh basil, plus more for garnish
- 1/4 tsp (1 mL) salt
- 2 Tbsp (30 mL) grapeseed or sunflower oil

SAUCE

- 1 tsp (5 mL) grapeseed, extra-virgin olive, or camelina oil
- 1 small shallot, chopped
- 2 garlic cloves, minced
- 3/4 cup (180 mL) light coconut milk
- 1 1/2 tsp (7 mL) curry powder
- 1/4 tsp (1 mL) chilli powder or cayenne pepper

STUFFING

- 1 broccoli head, cut into small florets
- 1 lb (450 g) thinly sliced cooked chicken

To make crepes, place crepe ingredients in blender and blend until smooth. Alternatively, whisk together ingredients in large bowl until no lumps are present. The batter should be thin.

Lightly grease 8 to 10 in (20 to 25 cm) skillet over medium heat. Pour 1/4 cup (60 mL) batter into pan and quickly lift skillet off burner, then tilt and swirl pan so batter forms large thin circle. Place pan back on heat and cook for 2 minutes, or until edges begin to turn golden brown and curl. Loosen with thin spatula, flip, and cook other side for 30 seconds. Cool prepared crepes on metal rack as you prepare remaining batter. Do not stack crepes while they're cooling or they may become soggy. You should end up with 8 crepes.

To make sauce, heat oil in small skillet or saucepan over medium heat. Add shallot and garlic; cook for 2 minutes. Stir in coconut milk, curry powder, and chilli or cayenne powder. Bring to a simmer and heat, stirring frequently, until sauce thickens slightly, about 1 minute.



Place broccoli florets in steamer basket set above 1 in (2.5 cm) water and steam until tender.

Place cooked chicken and broccoli on one half of each crepe and fold over to form half moons. Drizzle curry sauce over top and garnish with sliced basil.

Serves 4.

Each serving contains: 495 calories; 48 g protein; 19 g total fat (6 g sat. fat, 0 g trans fat); 36 g total carbohydrates (6 g sugars, 7 g fibre); 340 mg sodium >>

flower POWER

If avoiding gluten, these crepes can be made successfully with all-purpose gluten-free flour blends that are readily available in natural health stores.