

More than 1 hour

Serves 4

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Ingredients

Pancakes:

- 1½ cups (200g) flour, sifted
- ½ tsp (3ml) salt
- ½ cup (125ml) water
- 1 cup (250ml) milk
- 2 extra-large eggs
- ¼ cup (60ml) canola oil

Mince:

- 1 Tbsp (15ml) olive oil
- 2 onions, chopped
- 2 cloves garlic, chopped
- 750g beef mince
- 1 jar (440g) Napolitana sauce
- 1 packet (500g) cubed butternut, steamed
- Salt and milled pepper

Cheese sauce:

- 2 Tbsp (30ml) butter
- 2 Tbsp (30ml) flour
- 1½ cups (375ml) milk
- Salt and milled pepper
- Pinch nutmeg
- 1½ cups (375ml) grated cheddar

For serving:

- Handful chopped parsley
- Handful chopped rocket

Method

1. For the pancakes, combine flour and salt.
2. Combine water, milk and eggs and whisk into dry ingredients.
3. Chill batter in the fridge for at least 30 minutes, or 2-3 hours, if time allows.
4. Heat 1 tsp (5ml) canola oil in a pan.
5. Pour ½ cup (125ml) batter into pan and swirl to cover the base.
6. Fry for 1-2 minutes, then flip pancake and cook for another 2 minutes, or until golden.
7. Repeat with remaining batter until you have 8 pancakes. Keep warm.
8. For the mince, heat olive oil in a pot and sauté onions for 1-2 minutes, or until golden and soft.
9. Add garlic and fry for a minute.
10. Add mince and brown well, stirring with a fork to break up any clumps.
11. Stir in Napolitana sauce and butternut. Season.
12. Simmer for 8-10 minutes.
13. For the cheese sauce, melt butter in a saucepan until bubbling, then add flour.
14. Stir mixture until it starts to simmer.
15. Reduce heat and add milk, a little at a time, while stirring continuously to prevent lumps.
16. Cook sauce for about 2 minutes.
17. Add seasoning, nutmeg and cheese and stir until smooth.
18. Fill pancakes with mince and fold to enclose.
19. Top with cheese sauce and garnish with parsley and rocket just before serving.

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