



CALLING ALL JUNIOR COOKS!

Ironclad Pan Company have teamed up with Eat My Lunch for an epic pancake competition.

Simply make the pancake recipe on this card, take a photo and post it on social media. Easy as. Don't forget to tag your entry with @ironcladpan and @eatmylunchnz otherwise we won't be able to find it!

Because we LOVE seeing young Kiwis in the kitchen, every entry goes in the draw to win a prize pack valued at \$240. Plus, everyone who enters receives a FREE Ironclad badge made especially for Kiwi kids.

Entries close 20th November and the winner will be announced 27th November on Facebook and Instagram.

FOR THE ADULTS: The generous folk at Ironclad Pans are gifting \$20 from every pan sold, to help feed hungry Kiwi kids through the Eat My Lunch Buy One Give One programme.

Go to www.ironcladpan.com and www.eatmylunch.nz for more details.



BUY ONE. GIVE ONE.™



IRONCLAD EXTRA FLUFFY MONSTER-GREEN PANCAKES

INGREDIENTS

¾ c of fresh spinach leaves no stalks chopped roughly
 + 2 extra medium kale leaves if you want the pancakes extra green!
 OR ½ c frozen spinach defrosted and squeezed dry
 3 T melted butter
 1 ¼ c milk
 ¼ c honey
 2 eggs
 2 c white flour, GF or plain
 3 t baking powder
 Pinch salt
 Extra butter for cooking
 ½ tsp baking powder

METHOD

On a medium heat melt butter in your Lil' Legacy pan and toss in the fresh spinach and kale. Cook on low until wilted - about 30 seconds to a minute.

Transfer hot buttery spinach and kale or defrosted spinach into a nutribullet or blender.

Add milk and honey, blitz until there are no little green bits left. Then add eggs and whizz for 5 seconds.

Sift dry ingredients together, make a well in the middle and pour in the spinach mix. Whisk until all the flour is incorporated, but don't over mix.

Heat your pan over a low heat until hot enough so the butter sizzles when it hits the pan.

Pour ⅓ c of the pancake mix into the middle of the pan. Don't move the pan, let the mix ooze by itself. When bubbles have appeared all over the surface flip and cook for another minute.

Serve with maple syrup and fruit OR lemon and sugar OR yoghurt and berries and enjoy!

**THE ONLY CAST IRON COOKWARE MADE IN AOTEAROA, NZ
 VISIT IRONCLADPAN.COM FOR MORE DELICIOUS RECIPE IDEAS**