

Pancake Day with a Vegan Twist

Submitted by: Robert Dyas

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Pancake Day, also known as Shrove Tuesday, is a traditional Christian celebration before the period of Lent. This year, Pancake Day will be celebrated on Tuesday March 5 2019. Historically, before Lent fasting took place, many people didn't want to waste their remaining ingredients, so instead they made pancakes.

Traditionally, it is custom to eat sweet pancakes on Pancake Day but as more people are turning towards a vegan diet, you might want to consider replacing the sweet tradition with a tasty savoury, vegan alternative instead.

Health aware high street retailer, Robert Dyas (<https://www.robertdyas.co.uk/>) is equipped with all the essentials to create delicious vegan crêpes this Pancake Day as part a plant-based diet.

Veganism has skyrocketed in recent years, with 7% of Brits now choosing to enjoy a plant-based life. According to a recent survey by comparethemarket.com (<https://bit.ly/2WVAzT2>) there has been a significant spike in the number of people going vegan in the UK since 2016, with more than 3.5 million British people now identifying as such.*

Equip yourself for a vegan recipe

Hop on board and join the vegan and avocado food trend by trying a vegan pancake recipe filled with avocados, dill courgettes and hummus

(<https://www.exceedinglyvegan.com/vegan-recipes/breakfast/easy-vegan-pancakes-avocado-dill-courgettes-and-hummus-filli>)

Ingredients pancake for two pancakes:

1/4 cup of self-raising wholemeal flour
1/4 cup of gram flour (chickpea flour)
3/4 Cup of soy milk or any plant-based milk
1/4 tsp salt
1/4 tsp garlic powder/granules

Ingredients for filling:

1 small avocado
1 small courgette (zucchini)
Some dill
1 tbsp lemon juice
Some garlic (or garlic powder/granules)
Soy sauce
Hummus

Method:

Start with cutting deseeding an avocado and cut into small cubes and set aside. Do the same with the

courgette and fry in a bit of oil, lemon juice, soy sauce and garlic. Once they soften turn down the heat and add some fresh cut dill to it. Set aside as well.

Measure your self-raising flour, gram flour (chickpea flour), soy milk, salt and garlic using the Morphy Richards Electronic Kitchen Scale – Black

(<https://www.robertdyas.co.uk/morphy-richards-electronic-kitchen-scale-black>) (£21.99) for a precise amount of ingredients – you don't want to accidentally add in too much flour. Or worse, too much salt!

To start blending the ingredients, why not use the Colourworks Silicone Whisk – Red

(<https://www.robertdyas.co.uk/colourworks-silicone-whisk-red>) (£2.99 was £5.99)? Alternatively, if your manual whisking days are behind you then the electric Beko Sense Hand Mixer - White (<https://www.robertdyas.co.uk/beko-sense-hand-mixer-white>) (£18.66 was £27.99) may be ideal for you.

Whisk up a storm in this Colourworks Large Melamine Two Tone Mixing Bowl - Red

(<https://www.robertdyas.co.uk/colourworks-large-red-melamine-two-tone-mixing-bowl>) (£6.49 was £15.99).

The 4L capacity made from durable melamine means you can use the long-lasting bowl to make enough batter for the whole family.

To scoop up the pancake batter, use the Kitchen Craft Master Class Soup Ladle with Soft Grip Long Handle

(<https://www.robertdyas.co.uk/kitchen-craft-master-class-soup-ladle-with-soft-grip-long-handle>)

(£4.99). This ladle is made out of stainless steel making very durable as well as being dishwasher safe will make it very easy to clean up after scooping up all the pancake batter.

Pour your batter carefully onto the Breville Traditional Crpe Maker

(<https://www.robertdyas.co.uk/breville-traditional-crepe-maker>) (£22.49 was £29.99). Use the

'T-stick' to evenly spread out your batter to create a flawless, circular pancake shape.

If you prefer to cook the pancakes in a frying pan, add some oil to the Hairy Bikers Aluminium 2 Piece

Frying Pan Set (<https://www.robertdyas.co.uk/hairy-bikers-2pc-frypan-set>) (£12.99 was £29.99). The pair

have a non-stick feature means you don't need to worry about your pancake sticking onto the pan's surface.

If you're not a pro at flipping with the pan and you're worried that your pancake will hit the roof,

use the Colourworks Silicone Spatula - Blue

(<https://www.robertdyas.co.uk/colourworks-silicone-spatula-blue>) (£5.99).

After your pancakes are a lovely golden colour, lay out your pancakes evenly on a flat surface using the

Robert Dyas Bamboo Chopping Board – Large (<https://www.robertdyas.co.uk/rdyas-bamboo-chopping-board-lg>)

(£6.49). Finally, add in the avocado, dill courgettes and hummus in the middle. Simply fold and roll the pancakes up and enjoy your vegan pancake!

ENDS

Source:

*Comparethemarket.com <https://bit.ly/2Gk1Vgp>

Prices are correct at the time the press release was issued.

Media information provided by Famous Publicity. For further information please contact Mary-Jane Rose at mary-jane@famouspublicity.com or Tina Fotherby at tina@famouspublicity.com or call the office on 0333 344 2341.

About Robert Dyas:

Robert Dyas, a man of notable character and remarkable determination, founded the company in 1872. He had a vision to provide customers with the best products, service and advice possible – a tradition that continues to be the focus of the company to this day. In 2012, successful businessman and star of BBC TV's Dragons' Den, Theo Paphitis, bought the company.

Theo Paphitis is one of the UK's most high-profile businessmen with an empire spanning retail, property and finance. Theo, through his staff at the Theo Paphitis Retail Group (TPRG), has continued the Robert Dyas tradition of excellent customer service.

Robert Dyas offers an extensive range of household products. The range includes smart home technology, DIY solutions, small and domestic appliances, homeware, bakeware and kitchenware, outdoor and garden, utility, gifts, textiles plus Christmas trees and gifts.

The company has 94 stores, ranging from 1,250 to 9,000 square feet (116 to 836 square meters) and operates online and in the South of England. The most western store is in Yeovil, the most eastern store in Colchester, the most northern store in Solihull and the store furthest south is in Eastbourne. The company's head office is in Wimbledon.

Website: <http://www.RobertDyas.co.uk/>

Twitter: <https://twitter.com/RobertDyas>

Facebook: <https://www.facebook.com/robertdyasltd/>

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