Carrot-Oat Pancakes with Lemon Bean Mash

6 savory pancakes; 3 per serving with half the lemon bean mash · Active 25 min · Total 40 min

Skills: Easy

Ingredients

- 2 medium carrots, finely grated (180 g prepared)
- 3/4 cup old-fashioned rolled oats (70 g)
- 2 large eggs (100 g without shells)
- 1/2 cup plain yogurt (120 g), divided equally between pancakes and mash
- 2 tablespoons all-purpose flour (16 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon ground black pepper (0.5 g)
- 2 teaspoons neutral oil (10 ml), divided between batches
- 1 can white beans (15 oz/425 g), drained and rinsed to give 240 g
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons water (30 ml), for the mash

Set out

Fine box grater, Mixing bowls, 10-inch/25 cm nonstick skillet, Small saucepan, Food thermometer

Allergens

Egg, Milk, Wheat, Oats. Check labels and substitutions.

Make it

1. Mix grated carrot, oats, eggs, 60 g yogurt, flour, half the salt and black pepper. Rest for 10 minutes.

2. Mash drained beans with remaining 60 g yogurt, lemon juice and remaining salt. Put in the saucepan with the measured water; warm over low heat, stirring, until steaming. Keep warm briefly.

3. Heat half the oil in the skillet over medium-low heat. Spoon in half the batter as 3 small pancakes, each about 3 1/2 inches/9 cm across and 1/2 inch/1.3 cm thick. Cook for 3–4 minutes per side until golden, fully set and the centers reach 160°F/71°C.

4. Transfer cooked pancakes to a clean plate. Repeat with remaining oil and batter. Serve 3 pancakes per person with half the warm bean mash.

A small can makes a complete accompaniment

Drain and weigh the beans rather than counting the liquid in the can as part of the meal. The mash can be made with any plain white bean already on hand. There is no need to buy a second variety for a smoother appearance.

A useful detail

If the first pancake spreads too far, let the remaining batter stand another 3 minutes. Do not add a large handful of oats, which changes both yield and texture.

Keep it well

Refrigerate pancakes and mash separately in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat both to 165°F/74°C; a dry skillet helps restore pancake edges. Add a little water when reheating the mash.