

RECIPE

# Nutella rhubarb pikelets

Medium

25 min



## INGREDIENTS

for 6 portions

**For the rhubarb:**

- 400g rhubarb, cut into 5cm lengths
- 1 tbsp maple syrup

**For the pikelets:**

- 320ml semi-skimmed milk
- 125g wholemeal self-raising flour
- 125g strong bread flour
- ½ tsp salt
- ½ tsp baking powder
- 1 tsp fast-action dried yeast
- 2 tbsp sunflower oil, for frying

**To serve:**

- 200g 0% fat Greek yogurt
  - 50g walnuts, finely chopped
  - 90g Nutella (1 heaped teaspoon (15g) per portion)
- Drizzle any rhubarb roasting juice around the plate



To prepare this delicious recipe, 15g of Nutella® per person is enough to enjoy!

## METHOD

**1****For the rhubarb:**

- Preheat the oven to 180c/fan 160c/Gas 4.
- Place the rhubarb in a deep sided roasting tray, drizzle over the maple syrup, then cover tightly with foil, cook for 15 minutes. Remove from the oven and allow to cool totally before using.

**2****For the pikelet batter:**

- Warm the milk in a small saucepan for 30 seconds until just tepid. Remove from the heat
- Add the flours, salt, baking powder and yeast to a medium mixing bowl, whisk to combine then make a well in the centre.
- Pour in the warmed milk into the bowl and whisk well together until smooth. Cover tightly with a piece of clingfilm and set aside for 10 minutes until tiny bubbles start to appear on the surface.
- Heat a large frying pan over a low-medium heat. Add a little of the sunflower oil to the pan and carefully wipe around using kitchen paper.
- Ladle the batter into the pan to make two pikelets 8cm in diameter, spacing them well apart. Cook for 3-4 minutes until tiny holes appear on the surface and the batter is no longer wet. Flip each one and cook for a further 1 minute on the other side.
- Remove from the pan, wrap in tin foil to keep warm and repeat step 7 until all of the batter is used.

**3****To Serve:**

Place one warmed pikelet on a serving plate, top with two or three pieces of the rhubarb, spoon over a tablespoon of 0% fat Greek yogurt, a sprinkle of chopped walnuts and spoon over 1 heaped teaspoon (15g) of Nutella per portion. Drizzle any rhubarb roasting juice around the plate.

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