

# Fluffy spinach and feta cake, pumpkin and sunflower seeds, grated carrot salad. --copy

## Recipe for 2

### Description

An easy and healthy way to have dinner. The freshness of the salad will complement perfectly the cake.

### Note

It is important to let your full moulds rest before putting them in the oven to let the baking powder do its thing and facilitate its work in the oven.

A fresh salad of carrots and raisins on the side will be of great company to your cake.

### Ingredients

#### Cake

- 135 Gr Flour
- 1.50 Tsp Baking powder
- 1.50 Pinch(es) Salt
- 2 Pinch(es) Espelette pepper
- 1 Unit(s) Egg
- 75 Ml Olive oil
- 95 Ml Milk
- 150 Gr Gruyere cheese
- 55 Gr Feta cheese
- 1.50 Cup(s) Baby spinach
- 1 Unit(s) Green onion
- 0.25 Cup(s) Pumpkin seed

#### Carrot salad

- 6 Unit(s) Carrot
- 2 Tbsp Raisins blonds
- 2 Tbsp Home vinaigrette

### Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **380 F°**
- Resting time **10 mins**

#### Things to do before the workshop

Make sure all your ingredients are weighed and your cheese is grated.

You will need : 1 cutting board, 1 chef knife, 1 pairing knife, 1 peeler, 1 big bowl, 1 rubber spatula, 1 baking sheet, 1 cake mould, 1 parchment paper, 1 cheese grater.

#### Prep with the chef

Sieve the flour with the baking powder.

Roughly chop the baby spinach.

Grate the cheese, crumble the feta..

Chisel in an angle the green onion.

If you work with a 20x20cm mould (8x8inch), butter it and flour it.

It is not necessary to do that last process if you use individual moulds.

For the carrot salad, use a food processor or a grater to grate them. and sink the raisins in warm water for 15 minutes.

### Cake

Add to the flour, the salt and espelette chilli (this is your pepper substitute)

In a bowl, whisk your eggs with the oil and the milk.

Add the flour, salt, chilli mix, the cheese, the feta, the spinach and the green onions, mix delicately with a spatula.

Once homogenous, pour the batter into the moulds (210g for individual moulds), for a traditionnal mould, fill up to 3/4. Sprinkle the pumpkin and sunflower seeds on top.

### Baking

It is important to leave the moulds 10 minutes to rest at room temperature before placing in the oven to let the baking powder activate.

If possible, put the moulds straight onto the oven rack, it will make the baking easier as there will be no extra layer from a baking tray.

Count 20/25 minutes of baking for the individual moulds, 35/40 minutes for the traditionnal one.

Allow to cool in the mould once out of the oven.

### Carrot salad

Prepare your dressing, strain the raisins.

Mix the grated carrots with the raisins, add the dressing and season to taste.

**Bon appétit!**