

# Fluffy spinach and feta cake, pumpkin and sunflower seeds, grated carrot salad |

## Recipe for 12 tapas

### Description

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

### Ingredients

#### Cake

- 175 Gr Flour
- 2 Tsp Baking powder
- 2 Pinch(es) Salt
- 3 Pinch(es) Espelette pepper
- 1 Unit(s) Egg
- 100 Ml Olive oil
- 125 Ml Milk
- 210 Gr Gruyere cheese
- 75 Gr Feta cheese
- 2 Cup(s) Baby spinach
- 0.50 Unit(s) Green onion
- 0.50 Handful(s) Pumpkin seed
  
- Salt and pepper

#### Carrot salad

- 500 Gr Carrot
- 2 Tbsp Raisins blonds
- 2 Tbsp Home vinaigrette
  
- Salt and pepper

### Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **350 F°**
- Resting time **10 mins**

#### Prep

Sieve the flour with the baking powder.

Roughly chop the baby spinach.

Grate the cheese, crumble the feta..

Chop 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 soak 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 traditional 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 traditional 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!**