

SMOKED SALMON DROP SCONES

An indulgent treat that makes a lovely lunch.

Serves 1

Per serving: 445 Calories, 4.9% fat
(excl. accompaniments)

Prep time 20 mins

Cook Time 30 mins

INGREDIENTS

50g spelt flour
35g plain flour
1 tsp baking powder
1 egg
40ml semi-skimmed milk
30g smoked salmon
1 tsp half-fat crème fraîche
½ tsp horseradish sauce
1 tsp fresh cress

METHOD

1. Sift the flour and baking powder together into a large mixing bowl. Add the egg and milk, whisking to a smooth batter. Slice the smoked salmon and add to the batter.
2. Preheat a non-stick frying pan, drop tablespoons of the mixture into the pan and cook gently for 1 - 2 minutes each side. Cook in batches keeping warm in foil.
3. For the topping mix together the crème fraîche, horseradish and cress in a small bowl. Serve the drop scones warm with the cream alongside and a few salad leaves.

