





## POLENTA WAFFLES WITH SMOKED SALMON

### Waffle batter

Preheat the waffle maker. In a medium mixing bowl, combine the dry ingredients and mix well. In another medium mixing bowl, whisk together milk, vegetable oil, egg and vanilla extract. Pour the wet ingredients into the dry ingredients and stir until just combined.

Spray the waffle maker with cooking spray. For each waffle, pour  $\frac{3}{4}$  cup to 1 cup batter (depending on the size of the waffle maker) into the centre of the grid and cook the waffle for 3 to 4 minutes or until golden brown. Keep them warm.

210 g cake wheat flour  
200 g polenta  
15 ml baking powder  
15 ml brown sugar  
2,5 ml salt  
500 ml milk  
45 ml vegetable oil  
2 eggs, beaten  
10 ml vanilla extract

### Topping

Preheat the oven to 220°C. Place cherry tomatoes in a baking tray and roast for about 4 minutes. Make scrambled eggs while the waffles are cooking: Beat egg with a fork until it turns an even yellow colour, heat a pan, melt butter, add eggs and scramble over low heat. Season to taste.

When the waffles are ready, place them on plates and top with smoked salmon, avocado slices, roasted cherry tomatoes and scrambled egg. Serve with cream cheese on the side. For a fresh bite to the waffle dish garnish it with sliced red onion.

1 punnet (250 g) cherry tomatoes  
6 eggs  
20 g butter  
salt to taste  
300 g smoked salmon  
1 avocado, peeled, seeded and sliced  
1 tub (230 g) cream cheese

Makes 6