

Curried Courgette Pancakes



Courgette and curry may sound like an unusual combination but we promise once you make these pancakes, you'll want to eat them again and again! They're great for lunch or for dinner with rice and salsa. You can fry them in a frying pan or younger children might prefer to cook the pancake mix in a muffin tin in the oven. Either way they taste great! So if you're a pancake lover, why not give these a try?

SKILLS Grating, and claw cutting technique

MAKES 6

TAKES 20 minutes to make and about 12-15 minutes to cook

INGREDIENTS

- ½ medium courgette
- 2 spring onions, trimmed
- handful of herbs e.g. parsley, coriander
- 150g chickpea flour or self-raising flour
- 2 teaspoons curry powder
- ¼ teaspoon crushed chilli flakes
- 200ml plant-based milk or water
- 1 tablespoon sunflower oil



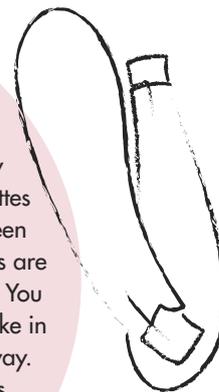
TOP TIP

An alternative way to cook the pancakes is in the oven, at 190°C/375°F/gas mark 5. Using a piece of kitchen paper, rub a little oil in a muffin tin. Spoon a tablespoon of the mixture into 6 greased muffin holes and cook for 15 minutes until golden. Don't be tempted to fill the muffin tins – you want them to be quite thin so that they cook quickly.

COURGETTES

Fruit or vegetable? Strangely, like cucumbers, courgettes are technically fruit as they contain little seeds and grow on plants! Although cucumbers and courgettes look very similar as they are both long, green fruits, they have different textures. Cucumbers are smooth to touch and courgettes feel rougher. You can eat courgettes raw in salads or cooked like in this recipe, and they taste amazing either way.

Like other fruit and vegetables, courgettes are great for your energy levels and are therefore an excellent addition to your five-a-day.



KIT grater, small knife, chopping board, bowl, fork, frying pan or muffin tin/fairy cake tin

METHOD

- 1 Grate the courgette by holding the handle of the grater with one hand, keeping the grater securely on the table and pushing the courgette downwards over the grater teeth. Always keep your fingers away from the teeth as they're sharp. Put the courgette into the bowl.
- 2 Using the claw cutting technique, cut the spring onions into small pieces. Make your fingers into a claw shape on one hand and use this claw to hold the spring onions. This is so that you keep the tips of your fingers away from the knife. Hold a small knife in your other hand and cut the onion. As you cut along the onion, make sure that you move your hand back. Add to the courgette in the bowl.
- 3 Tear the herbs into small pieces and add to the courgette.
- 4 Add the flour, curry powder and chilli flakes to the courgette and mix well with a fork. Add 200ml plant-based milk and mix for a few minutes until you can't see any flour.
- 5 Heat the oil in a frying pan, lower to a medium heat, add 1 tablespoon of mixture, add another tablespoon of mixture, leaving a gap in-between. Fry for a couple of minutes, bubbles should appear on the pancakes.
- 6 Using a spatula or slotted spoon, turn the pancakes over and cook for another 2 minutes. Repeat with the rest of the mixture.

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Did you know?

Producing meat and other animal products causes greenhouse gases which are damaging to the planet. These gases rise into the atmosphere, trapping the sun's heat and causing what is known as global warming

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