

ZUCCHINI PANCAKES

Sanlam Wellness



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Makes: 12
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
236 kcal
14g Fats
19g Carbs
12g Protein
4g Fiber



WHAT YOU NEED

For the pancakes:

- 3 medium zucchinis, grated
- 1 large egg, beaten
- ½ cup (60g) buckwheat flour
- ½ cup (70g) feta cheese, crumbled
- 3 spring onions, chopped
- 5 sprigs dill, chopped
- 1 tsp. baking powder
- ½ tsp. salt (plus extra ½ tsp. salt for extracting moisture from zucchinis)

For the sauce:

- ⅔ cup (160g) Greek yogurt
- 2 cloves garlic, minced
- ½ tsp. salt
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Place the zucchini in a colander over a large bowl, and mix with ½ teaspoon salt. Allow to drain for five minutes, then transfer onto a kitchen cloth, and squeeze to extract as much moisture as possible (the zucchini will shrink to about half the size).

In a large mixing bowl, combine the zucchini with the egg. Add the buckwheat flour, ½ teaspoon salt, feta cheese, spring onion, dill, baking powder and ½ teaspoon freshly ground black pepper. Mix well to combine thoroughly.

Heat 1 tablespoon of olive oil in a large, non-stick frying pan over medium heat. Fry the first batch of the pancakes by placing heaping tablespoons of the batter into the pan. Do not be tempted to add too many pancakes at once as they will stick together.

Fry until golden on one side for about 6-7 minutes, then turn and fry again until golden on the other side. Repeat the process with the remaining batter, adding a little oil to the pan as you go to keep the pancakes from sticking.

In a small bowl, combine the yogurt, garlic and salt. Mix well, and serve alongside the pancakes.

TIP: The batter should make 12 pancakes, 3 per portion.

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