

COURGETTE & RICOTTA PANCAKES

Serves 2 270 calories per serving



- 2 courgettes (250g in total), grated
- 50g self-raising flour
- ½ tsp baking powder
- 1 tsp ground cumin
- 1 large free range egg, beaten
- 1 small garlic clove, finely grated
- 100g ricotta
- 2tbsp finely chopped dill
- 1 pinch of dried chilli flakes
- Finely grated zest of 1 lemon
- Salt and pepper
- Olive oil spray
- Lemon wedges for squeezing

1. Squeeze the grated courgettes well to remove excess water, then tip into a bowl
2. Add the flour, baking powder, cumin, egg, garlic, ricotta, chopped dill, chilli flakes and lemon zest. Season with salt and pepper and mix together well.
3. Heat a large non-stick frying pan over a medium heat and spray the pan 10 times with oil.
4. Drop 6 large spoonfuls of batter into the pan, spacing them well apart and cook for 2-3 minutes on each side, until the pancakes are golden brown and cooked through. (If your pan isn't large enough, cook them in batches)
5. Serve 3 pancakes each with a large leafy salad on the side and lemon wedges for squeezing.