

Zucchini, carrot and corn pancakes

Served with tomatoes and rocket

Difficulty: Easy

Type: Breakfast or lunch

Allergy advice: eggs, gluten, dairy

Serves: 6 small serves.

From the garden: Zucchini, carrots, corn, tomatoes, eggs

Equipment:	Ingredients
Chopping boards	2 eggs
Chopping mats	½ cup milk
Cooks knives	40 grams' butter, melted, cooled
Graters	½ cup plain flour
Measuring cups	1 zucchini, grated
Measuring spoons	1 carrot, grated
Electric measuring scale	1 corn cob, corn removed
Large mixing bowl	2 Tbsp. fresh parsley, chopped
Small mixing bowl	¼ cup parmesan or tasty cheese, grated
Whisk	Olive oil for cooking
Medium frying pan	2-3 medium tomatoes, diced (use more if tomatoes are small)
Metal spoon	25 grams rocket leaves
Spatula	1 Tbsp. olive oil for dressing
Butter knife	

What to do:

1. Thoroughly wash all vegetables. Peel carrot then grate. Carefully remove corn kernels from the cob using a knife and copping board.
2. Grate zucchini, then squeeze excess liquid from it using a colander or paper towel.
3. In a small bowl, whisk together the milk, eggs and butter.

- 4. In a large bowl, place in the flour making a well in the centre.**
 - 5. Using a metal spoon, stir in the milk mixture until just combined.**
 - 6. Add the zucchini, carrot, corn, parsley and parmesan to the mixture and lightly season with salt and pepper. Stir until just combined.**
 - 7. Place ½ teaspoon olive oil into the frying pan. Heat oil over medium heat,**
 - 8. Pour ¼ cup of mixture into the pan, using a butter knife, spread slightly. Cook for 2 or 3 minutes each side until golden and cooked through.**
 - 9. Repeat with the remaining mixture, adjusting quantity of batter if needed to make 6-8 pancakes. Use extra oil in the pan as required.**
 - 10. Wash and dry rocket and place into a mixing bowl. Add diced tomatoes, drizzle lightly with olive oil, season with salt and lightly toss to combine.**
 - 11. Serve Pancakes with tomato mixture.**
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