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Socca Pancakes with Mediterranean Veggies and Garlicky Mayo

If you're a die hard pancake fan but you're worried about using normal white flour, then this is going to set your heart aflame (with joy!). These delicious socca pancakes are made with chick pea flour, which not only gives them an added flavour but it also means they have a lot more protein. The mushrooms and courgettes are so wonderfully seasoned with thyme, garlic and paprika – once you go socca you'll never look back!

35 mins

healthy

gluten free

lactose free

veggie



Chestnut Mushrooms
(1 small punnet)



Courgette (1)



Onion (1/2)



Thyme (2 sprigs)



Rosemary (1 tsp)



Chickpea Flour (100g)



Cherry Tomatoes
(1/2 punnet)



Mild Paprika
(1/4 tsp)



Garlic Mayonnaise
(2 tbsp)



Rocket (1 bag)

Ingredients

	2 PEOPLE	ALLERGENS
Chestnut Mushrooms, sliced	1 small punnet	
Courgette, sliced	1	
Onion, sliced	½	
Thyme	2 sprigs	
Rosemary, chopped	1 tsp	
Chickpea Flour	100g	
Cherry Tomatoes	½ punnet	
Mild Paprika	¼ tsp	
Garlic Mayonnaise	2 tbsp	Egg, Mustard
Rocket	1 bag	

 Our produce comes fresh from the farm so give it a little wash before using

Nutrition per serving: Calories: 284 kcal | Protein: 11 g | Carbs: 46 g | Fat: 7 g | Saturated Fat: 1 g



1 Pre-heat your oven to 200 degrees. Slice the mushrooms and courgette widthways into 1cm slices. Peel and cut your onion in half through the root, then thinly slice half of it into half moon shapes. Pull the leaves from the thyme sprigs. Pull the leaves off your rosemary sprigs and finely chop them.



2 Put the chickpea flour in a bowl, together with ¼ tsp of salt and a good grind of pepper. Slowly add 120ml of lukewarm water, whisking to eliminate any lumps, then whisk in 2 tbsp of olive oil. Cover and leave to stand (the longer the better!) while you prepare everything else. **Tip:** *The batter should be about the consistency of single cream.*



3 Pop the sliced mushrooms and courgettes onto a baking tray and drizzle with a little olive oil, the fresh thyme leaves, ½ tsp of salt and a good grind of pepper. Pop the tray in the oven on the top shelf for 15 mins. Place your cherry tomatoes on another baking tray, drizzle with 1 tbsp of oil and pop in the oven as well for 10 mins.



4 Add 1 tbsp of oil to a frying pan and sauté the onion slices on medium-low heat for 6-8 mins. Then stir in the rosemary and take the pan off the heat.

5 If you don't have three shelves in your oven or don't have a separate grill oven, take your mushrooms and courgettes out and cover with tin foil to keep them warm. If you do, then move the mushrooms and courgettes to the bottom shelf.

6 Add the onion rosemary mixture to the chickpea batter, give it a good stir and immediately pour the batter back into your frying pan. Fry on medium heat for 3 mins. Meanwhile turn your grill to high. Place the frying pan (with the handle out) under the grill until the pancake is lightly browned on top.

7 Cut the socca pancake in half and place each half on a plate. Divide the mushroom and courgette filling between each pancake half and fold to cover. Sprinkle with a little paprika, a dollop of garlic mayonnaise and serve alongside the rocket and roasted cherry tomatoes.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!