



Zucchini and parmesan pancakes with basil and chive sour cream

Pancakes are traditionally served for breakfast, but they also make a great snack at any time of the day. They can be served with honey and fruits, or with more savoury ingredients. If you are one of the many pancake lovers, you will love this new twist on an old favourite.

Ingredients

For the Pancakes

1kg fresh zucchini, grated or shredded and drained
2 eggs
1/2 cup parmesan cheese, grated or shredded
1/2 cup bread crumbs
1/4 cup plain flour
3 green onions, coarsely chopped
2 cloves garlic, minced
1/2 cup fresh parsley, chopped
2 tbsp olive oil
salt and pepper to taste

For the Topping

1 cup sour cream
1 tbsp fresh basil cut into julienne
1 tbsp fresh chives, minced

Method

Combine the eggs, parmesan cheese, breadcrumbs, flour, green onions, garlic and parsley in a medium mixing bowl. Add the drained, grated zucchini and mix well. Season to taste with salt and pepper. Place a 27cm Square Grill Pan or similar on a medium heat. When the rim of the pan is hot-to-the-touch, add the olive oil and allow the oil to heat for an additional minute. Using a 1/4 cup measure, portion out the zucchini batter onto the hot pan and sauté

until golden brown on both sides. As the pancakes cook remove them from the pan and keep warm in a 150°C oven.
Combine all the topping ingredients. Place a dollop of the mixture on each pancake just prior to serving.
Serves 4-6