

Savoury Zucchini Pancakes



Preparation time:	30 mins
Serves:	4 people
User Rating:	★★★★☆

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A savoury twist on the classic pancake!



Ingredients

- 1 egg
- 1 cup self-raising flour
- ½ tsp baking powder
- 1 ½ cups buttermilk
- 1 medium-sized zucchini, coarsely grated
- Olive oil spray
- 3 rindless bacon rashers, excess fat trimmed
- 1 punnet cherry tomatoes, quartered
- 1 small avocado, halved, stone removed, peeled, sliced
- 1 cup fresh basil leaves

- ½ small red onion, cut into thin wedges
- 1 garlic clove, crushed
- 2 tsp balsamic vinegar
- Pine nuts to taste

Method

1. Combine the flour and baking powder in a bowl. Season with salt and pepper. Make a well in the centre of the mixture.
2. Whisk the egg and buttermilk until just combined, then add to the dry ingredients. Add the zucchini and stir to combine.
3. Heat a large non-stick frying pan over medium heat. Spray with oil. Spoon one-quarter of the zucchini mixture into the pan. Reduce heat to medium-low. Cook for 3-4 minutes or until bubbles appear on the surface.
4. Turn and cook for another 3-4 minutes or until golden and cooked through. Transfer to a plate and cover with foil to keep warm.
5. Repeat with the remaining zucchini mixture, reheating the pan between batches.
6. Meanwhile, heat a small non-stick frying pan over medium-high heat. Cook the bacon for 3-4 minutes on each side or until crisp.
7. Combine the quartered cherry tomatoes, avocado, basil, red onion, garlic and vinegar in a bowl. Season with salt and pepper.
8. Serve the salad and bacon on top of the pancakes, sprinkling over pine nuts to taste, adding a touch of chilli if you like a bit of spice.
9. Add balsamic over the pancake and a little on the plate for presentation.

Notes

For a classic take on pancakes be sure to check out our [Best Pancakes recipe](#) today!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
335g	1860kJ 445kcal	13.2g	27.2g	8.4g	33.8g	9.2g	583mg	6.5g

All nutrition values are per serve.