

SAVOURY ZUCCHINI PANCAKES TOPPED WITH BACON, BASIL AND BALSAMIC VINEGAR

Published: 3 March 2014

Categories: Dinner Recipes, Lunch Recipes

Pancake

Occasions: Dinner, Lunch



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

Combine the flour and baking powder in a bowl. Season with salt and pepper. Make a well in the centre of the mixture. Whisk in the egg and buttermilk until just combined, adding to the dry ingredients. Add the zucchini and stir to combine. 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. 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. Repeat with the remaining zucchini mixture, reheating the pan between batches. 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. Combine the quartered cherry tomatoes, avocado, basil, red onion, garlic and vinegar in a bowl. Season with salt and pepper. 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. Add balsamic over the pancake and a little on the plate for presentation.