



Courgette griddle cakes

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



61 kcal

Ingredients

- ☐ 375 g zucchini grated
- ☐ 0.5 tsp curry powder
- ☐ 1 to 5 chillies fresh red seeded finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 2 spring onion finely chopped
- ☐ 0.5 tsp thyme sprigs fresh
- ☐ 1 eggs lightly beaten
- ☐ 75 ml milk
- ☐ 140 g flour plain

- ☐ 1.5 tsp double-acting baking powder
- ☐ 4 tbsp tomatoes
- ☐ 125 g mozzarella cheese cut into small cubes

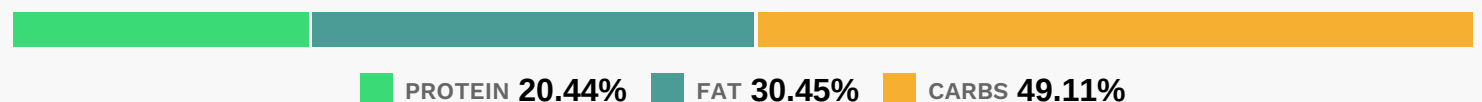
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ colander

Directions

- ☐ Tip the courgettes into a colander, sprinkle with salt and toss well. Leave for 20 mins then rinse and squeeze them between your hands to extract any water then blot on kitchen paper to dry.
- ☐ Mix the courgettes with the curry powder, chilli, garlic, spring onions, thyme leaves, salt and plenty of pepper. Stir in the egg and milk, sift in the flour and baking powder, then stir again to combine.
- ☐ Lightly oil a non-stick frying pan and fry heaped teaspoonfuls of the batter for 3 mins on each side. Keep warm while you use up the remaining batter you should get 18 cakes altogether. (These can be made a day ahead up to this stage then chilled.)
- ☐ To serve, heat the oven to 200C/fan 180C/gas
- ☐ Arrange the cakes on a baking sheet and dot with a little tomato chutney and then a cube of mozzarella.
- ☐ Bake in the oven for 8–10 mins until hot and melted then pile onto a platter.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:4.73, Inflammation Score:-3, Nutrition Score:3.8295652244402%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 61.43kcal (3.07%), Fat: 2.09g (3.22%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.04g (2.56%), Sugar: 1.08g (1.2%), Cholesterol: 15.1mg (5.03%), Sodium: 91.76mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin C: 8.12mg (9.84%), Calcium: 71.04mg (7.1%), Selenium: 4.75µg (6.78%), Phosphorus: 61.31mg (6.13%), Vitamin B2: 0.1mg (5.83%), Folate: 22.89µg (5.72%), Manganese: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.34%), Vitamin K: 4.53µg (4.31%), Iron: 0.63mg (3.51%), Vitamin A: 174.84IU (3.5%), Vitamin B12: 0.2µg (3.39%), Vitamin B6: 0.07mg (3.28%), Vitamin B3: 0.63mg (3.14%), Potassium: 99.05mg (2.83%), Zinc: 0.39mg (2.63%), Magnesium: 9.18mg (2.3%), Fiber: 0.56g (2.22%), Copper: 0.03mg (1.61%), Vitamin B5: 0.15mg (1.5%)