



Chickpea Pancake and Mushrooms

with Parsley-Pepita Pesto



30-40min



2 Portions

This Tuscan-style chickpea flour pancake (which is sometimes called farinata), is super easy to make and is a great base for many vegetarian toppings. Here we've roasted mushrooms in a foil pouch (bonus: quick cleanup!) to keep them tender and juicy and made a rough pesto with parsley and roasted pepitas. All topped with a dollop of creamy goat's curd, this vegetarian dinner will most certainly...

What we send

- goat's curd ⁷
- chickpea flour
- baby rocket
- lemon
- pepitas
- button mushrooms
- parsley
- garlic
- red onion

What you'll require

- olive oil
- salt and pepper

Utensils

- foil
- grater
- large frypan
- oven tray
- Slotted spoon

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 780.0kcal, Fat 44.8g, Proteins 35.0g, Carbs 55.4g



1. Roast mushrooms

Preheat oven to 220C. Trim **button mushrooms** and halve or quarter if large. Place mushrooms on a large piece of foil. Drizzle with 2 tsp **oil** and season with **salt and pepper**. Close up foil into a tight packet and transfer to oven. Roast for 20-25 mins until tender.



4. Make batter

Meanwhile, whisk the toasted **chickpea flour** with 375ml (1½ cups) water, 2 tbs **oil** and ½ tsp **salt** in a large bowl. Season with **pepper**. Pour the batter into the same frypan (it should coat the bottom evenly) and cook over medium-high heat for 4 mins or until base is golden. Transfer frypan to oven and bake for 6 mins or until just set.



2. Toast flour

Meanwhile, spread **pepitas** on an oven tray and toast for 3 mins or until slightly darker and fragrant. Set aside to cool, then roughly chop. Meanwhile, place **chickpea flour** in a large dry ovenproof frypan over medium heat. Cook, stirring constantly, for 3-4 mins until a shade darker. Transfer to a medium bowl and wipe pan clean.



5. Make pesto

Meanwhile, finely chop the **garlic**. Chop the **parsley** stems and leaves. Gather garlic, parsley and **pepitas** together and continue to chop until very finely chopped. Transfer to a bowl and zest **lemon** over the top. Halve the lemon and squeeze 1 tbs of the **juice** into the same bowl. Add 1 tbs **oil**, season with **salt and pepper** and stir to combine.



3. Sauté onion

Thinly slice the **onion**. Heat 2 tsp **oil** in cleaned pan over medium-high heat. Cook the onion, for 3-5 mins until golden and tender. Using a slotted spoon, transfer to a plate.



6. Get ready to serve

To serve, invert the **pancake** onto a board in one swift motion and cut into wedges. Carefully unwrap **mushrooms** (be careful to avoid the hot steam inside). Cut remaining **lemon** half into wedges. Top pancake with mushrooms and any **juices, rocket, sautéed onions** and **pesto**. Dollop over the **goat's curd**. Serve with lemon wedges.