





Ricotta, Corn and Zucchini

Pancake with Yoghurt Dip

 20-30min  2 Portions

If there's one thing we all love, it's golden fritters. Here, we adapt this favourite slightly, adding extra veggies and creamy ricotta to make one giant pancake for everyone to share. Served with crisp potato wedges, fresh avocado and a tangy yoghurt dip, this one is sure to be a crowd-pleaser!

What we send

- self-raising flour ¹
- Greek-style yoghurt ⁷
- ricotta cheese ⁷
- avocado
- 1 garlic clove, parsley and 1 shallot
- green peas
- corn kernals
- zucchini
- desiree potatoes
- smoked paprika

*The remainder of this ingredient won't be used in this recipe.

What you'll require

- eggs ³
- olive oil
- salt and pepper

Utensils

- baking paper
- large frypan
- oven tray

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

Cooking tip

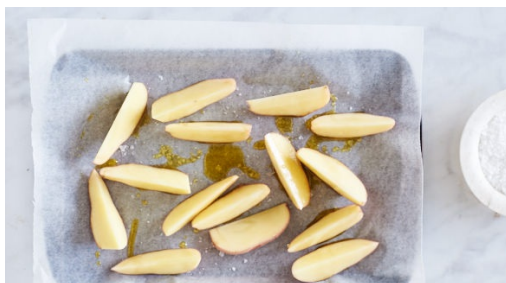
Including parsley stems adds texture and flavour, while eliminating waste. Discard the woodier parts of the stems. Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 770.0kcal, Fat 41.3g, Proteins 23.3g, Carbs 69.4g



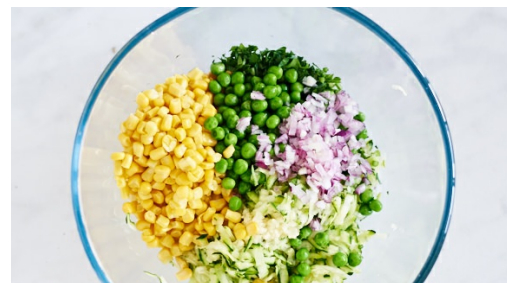
1. Roast potatoes

Preheat the oven to 220C. Line an oven tray with baking paper. Wash **potatoes** and cut into wedges. Place on the lined tray. Drizzle with **1 tbs oil** and season with **salt**. Toss to coat and roast for 25-30 mins until tender and golden, turning halfway through. Once cooked, keep warm on the lower shelf of the oven.



4. Make yoghurt dip

Meanwhile, combine the remaining **yoghurt** with the **paprika** (½ tsp for 2P | 1 tsp for 4P) and season to taste with **salt and pepper**. Cut the **avocado** into 1cm chunks.



2. Prepare ingredients

While potatoes are roasting, coarsely grate the **zucchini**. Finely chop the **garlic** and **shallot**. Finely chop the **parsley** leaves, including the stems (see cooking tip). Combine the **zucchini, garlic, shallot, parsley, corn** and **peas** in a bowl.



5. Cook pancake

Heat the oven grill to high. Heat the **remaining oil** in a large ovenproof frypan over medium heat. Pour **batter** into pan and spread out evenly to coat the base. Cook for 5 mins or until base is golden. Place the pan under the oven grill for 5 mins or until the pancake is golden and cooked through.



3. Prepare fritter batter

Lightly beat the **egg(s)** in a large bowl. Add the **ricotta, self-raising flour** and **yoghurt** (1 tbs for 2P | 2 tbs for 4P** see cooking tip), and stir the mixture until just combined. Add the **zucchini mixture** to the batter and stir gently to combine. Season with **salt and pepper**.



6. Get ready to serve

Carefully turn the pancake out onto a board and cut into pieces. Serve with the avocado, potato wedges and yoghurt dip.