

Cheesy Vegetable Pikelets

Serves 16



INGREDIENTS

- 1 small zucchini, coarsely grated
- 1/2 teaspoon olive oil
- 1 small carrot, grated
- 1/2 cup fresh or frozen corn kernels
- 1 cup wholemeal self-raising flour
- 1 & 1/4 cups buttermilk or plain reduced fat milk
- 1 egg, lightly beaten
- 1/2 cup fat-reduced grated tasty cheese
- Cooking spray oil

EQUIPMENT

- Chopping board, Grater, Large Knife, Large bowl, Frying pan, Teaspoon, Tablespoon, Mixing spoon, Cup measure, Fork/whisk, Egg Flip, Sieve

METHOD

1. Using your hands, squeeze moisture from zucchini. Heat oil in a large, non-stick frying pan over medium-high heat. Add zucchini, carrot and corn.
2. Cook, stirring, for 2 to 3 minutes or until softened. Set aside.
3. Sift flour into a large bowl. Add buttermilk or milk and egg. Whisk to combine. Add zucchini mixture and cheese. Stir to combine.
4. Spray pan with oil. Heat over medium heat. Using 1 heaped tablespoon per pikelet, cook 4 pikelets for 3 to 4 minutes or until bubbles appear on the surface. Turn. Cook for 2 minutes or until cooked through.
5. Transfer to a plate. Cover to keep warm. Repeat to make 16 pikelets.



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