Roasted pumpkin, pesto and feta socca

Preparation time
29 minutes

Cooking time
15 minutes

Serves
2

Recipe courtesy of
Caroline Trickey, Accredited Practising Dietitian (APD)



Ingredients Method Nutrition

1 cup chickpea flour (also called besan flour)

½ tsp salt

freshly ground black pepper

1 cup lukewarm water

extra virgin olive oil

TOPPINGS OF CHOICE:

150g roast pumpkin (other roasted vegetables or sauteed mushrooms would be suitable)

1 cup baby spinach leaves

2 tbsp of basil pesto

1/3 cup of quinoa (any cooked grain would be suitable)

¼ cup reduced fat fetta (crumbled) (or parmesan cheese)

1 handful of sunflower seeds (other options include pumpkin seeds or pine nuts)

Sprinkle fresh herbs such as parsley, chives, coriander, dill or rosemary

1. Heat oven to 180°C.
2. Put the chickpea flour in a bowl, add the salt and pepper.
3. Slowly add 1 cup lukewarm water, whisking to eliminate lumps. Stir in 2 tablespoons olive oil. Cover and let sit while the oven heats, at least 15 minutes or for as long as 12 hours. The batter should be about the consistency of heavy cream.
4. Heat a large oven-proof fry pan over medium heat. When hot add some olive oil to cover base, then pour the batter into the pan. Gently swirl the pan around to evenly distribute the batter.
5. Place pan back on stove and cook for 2-3 minutes, until edges start to set
6. Remove from heat and top with pesto, roasted pumpkin, whatever else you wish to use and lastly the feta. Place in oven to continue cooking for approx 8-10 minutes, or until the pancake is firm.
7. Remove from oven, top with seeds, fresh herbs and serve.

Nutritional information is provided per serve

Engery	2111kJ (505 calories)
Protein	22g
Saturated Fat	6g
Total Fat	30g
Carbohydrates	30g
Sugars	6g
Dietary Fibre	15g
Sodium	856mg