

ZUCCHINI PANCAKES

TIME:

- preparation: 5-10 min
- cooking: 20 min
- ready in about: 30 min

INGREDIENTS:

SERVES 1

- 1 zucchini (approx. 300g), coarsely grated
- 2-3 tablespoons all-purpose flour
- 1 egg
- 1 clove garlic
- 1 tablespoon parsley, chopped
- 1 teaspoon Herbes de Provence
- salt and pepper
- 2 tablespoons olive oil (for a dough)
- frying oil

FOR DECORATION:

- a few small tomatoes
- several sprigs of parsley or other green leaves

canvassimo

by Jo&Anna

METHOD:

1. Wash the zucchini, dry, cut the ends and grate it coarsely. Gently squeeze the excess of water in your hands.
2. Tip zucchini and chopped greens into a bowl, add flour with 2 tablespoons of oil, mix with a pinch of salt, freshly ground pepper, then add a beaten egg.
3. Heat the pan. Apply a spoonful of dough and fry pancakes for about 2-3 minutes until golden-brown on both sides.