



**Speedy  
Lunch**

## Cheesy Courgette and Sweetcorn Pancake

### Ingredients - Makes 4 large/ 8 mini pancakes

- 65g all-purpose flour
- 120g grated cheese
- 225g grated courgette
- 130g sweetcorn
- 2 large eggs
- 1 tbsp olive oil
- 1/4 tsp mixed herbs
- 1/4 tsp garlic powder
- black pepper to taste

### Method

1. Add the courgette, sweetcorn, eggs, mixed herbs, garlic powder and black pepper to a large mixing bowl. Use a fork to mix all the ingredients together
2. Gradually add the flour to the mixture and stir to combine
3. Add the grated cheese to the mixture and stir to combine
4. Heat a non-stick frying pan on medium heat. Add 2-3 drops of oil
5. Use a ladle to spoon a small amount of mixture into the pan
6. Cook for 2 to 3 minutes on each side, until golden
7. Repeat with your remaining mixture