

Chickpea Cumin Pancakes w/ Mediterranean Salsa

This savoury chickpea pancake is a winner.

Loads of Mediterranean goodness and flavours - think parsley, olives, garlic, chilli peppers, lemon, avocado, tomatoes, extra virgin olive oil - all chopped and tossed together, then piled on top of a warm cumin and chickpea flour pancake that's the easiest thing in the world to make!

I like to add some crumbled feta on top of the just-cooked warm pancake, so it softens and lightly melts.

Ridiculously simple to make and good for you.

This naturally gluten free chickpea flour, often called Gram or Besan flour, is full of goodness - fibre and minerals.

Makes about 4 pancakes using a 20cm diameter frypan

Serves 2

Ingredients:

1 cup chickpea flour (often called Gram or Besan)
1 cup water
1 heaped teaspoon cumin seeds
1 tablespoon extra virgin olive oil (plus a bit more for frying)
Good pinch of salt and grind of pepper

FOR THE SALSA

1 handful fresh parsley, chopped
4 large cherry tomatoes, chopped
½ long red chilli/pepper (mild heat), finely chopped
1 avocado, de-stoned, peeled and chopped
Juice from 1 lemon
1 small garlic, peeled and finely chopped
6 shelled walnut halves, chopped
6 Kalamata black olives, de-piped and chopped
1 dessert spoon extra virgin olive oil
Salt and pepper to taste
Optional - feta cheese



Method:

- Mix the flour and water together in a bowl or jug; Use a fork/whisk to get rid of any lumps.
- Stir through the other pancake ingredients. Leave to one side (or overnight covered in the fridge) whilst you prepare the salsa.
- Chop the salsa ingredients roughly or finely, depending on the look you want.
- Warm a 20cm diameter frypan on medium high heat.
- Once warmed, add a drizzle of extra virgin olive oil and pour in enough of the pancake mixture to thinly coat the bottom of the pan.
- Cook until bubbles appear in the pancake mixture and the liquid is almost cooked firm, about 1 ½ minutes, then flip and cook on the other side for another 20-40 seconds.
- Tip out onto a warm serving plate, crumble over the feta (if using) to warm and melt slightly, then pile on some of the salsa.

