

Sweetcorn and courgette pancakes



Ingredients

- 2 courgettes
- 175g / **6 oz** plain flour
- ½ tsp baking powder
- 2 eggs, lightly beaten
- 170ml semi-skimmed milk
- 198g / **8 oz** sweetcorn, drained well
- 30g / **1 oz** cheddar, grated
- 1 tbsp olive oil
- 1 tbsp chopped herbs
- 1 spring onion, chopped

Sauce

- 2 tbsp greek yoghurt
- 1 tsp mint sauce

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Method

1. *CHILDREN: Grate the courgettes using a coarse grater, then squeeze out as much moisture as you can using a clean tea towel or kitchen roll.*
2. *CHILDREN: Mix the flour and baking powder together in a large bowl. Make a well in the centre and pour in the eggs and milk, then bring in the flour from the sides with a wooden spoon. Mix until well combined.*
3. *CHILDREN: Stir the grated courgettes, sweetcorn, herbs and spring onion and cheddar into the batter until well combined.*
4. Brush a non-stick frying pan with the oil. Set over a medium heat and drop 4 large separate spoonfuls of batter into the pan. Cook for 2-3 minutes before flipping over and cooking for the same amount of time on the other side. The pancakes should be golden brown and cooked right through. Brush the pan in-between batches and repeat until you have 16 pancakes.
5. *CHILDREN: Mix together the yogurt, and mint sauce then serve a dollop on the side of each plate with the pancakes.*