

Cheese and Vegetable Pikelets



Serves: 20

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 2 zucchinis, grated
- 2 carrots, grated
- 1.5 cups frozen or tinned corn kernels
- 1 tbsp olive oil
- 2 cups wholemeal SR flour
- 2 cups SR flour
- 3 cups buttermilk
- 3 eggs, lightly beaten
- 2 cups grated tasty cheese
- Salt and pepper
- Spray cooking oil
- Cream cheese to serve
- Relish or chutney to serve

Method

1. Squeeze excess moisture from zucchini and carrot.
2. Heat oil in a large frypan over medium heat. Add the zucchini, carrot, and corn to pan and cook for a few minutes until softened.
3. Add flours, buttermilk and egg to a large bowl and whisk to combine. Stir in cooked vegetables and grated cheese. Season with salt and pepper.
4. Spray a large frypan with oil and heat over medium heat. Place heaped tablespoons of the mixture into the frypan. Cook for a few minutes until bubbles appear, turn and cook for another couple of minutes until cooked through.
5. Make in batches until all mixture is used. The mixture should make ~40 pikelets.
6. Serve two pikelets per person with a teaspoon of cream cheese and/or chutney.

Dietitian's notes:

Variations of vegetables could be used in this recipe, including diced capsicum, sliced shallots, grated pumpkin, or cauliflower. For extra flavour, add in herbs and/or spices such as thyme, dried oregano, parsley, smoked paprika or turmeric.

Food Group	Serves provided per portion
Vegetables	0.5
Fruit	0
Grains	0.8
Lean meat and alternatives	0.1
Milk, yoghurt, and cheese	0.5