THE LIGHTER PLATE METHOD

Za'atar Chickpea Pancakes with Yoghurt

Savoury, herby chickpea pancakes with a cooling lemon yoghurt to dip.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**12 min**	**20 min**	**2**	**MEDIUM**

Ingredients

- 120 g gram flour
- 200 ml water
- 2 tbsp za'atar
- 3 spring onions (finely sliced)
- 150 g natural yoghurt
- 0.5 lemon
- 2 tbsp olive oil

Method

1. Whisk the gram flour, water, 1 tbsp of the za'atar and a good pinch of salt to a smooth batter, about the thickness of double cream. Rest for 5 minutes.
2. Stir in the spring onions.
3. Heat a little oil in a non-stick frying pan over a medium heat. Pour in a quarter of the batter and spread to a rough circle.
4. Cook for 2½ minutes, until the surface looks dry and the underside is golden, then flip and cook for 1½ minutes. Repeat.
5. Stir a squeeze of lemon into the yoghurt and serve alongside, with the remaining za'atar scattered over.

Tips & swaps

- Gram flour batter must rest or the pancakes taste chalky. They are excellent cold in a lunchbox, rolled around salad.

Storage & reheating

Batter keeps 3 days in the fridge; cooked pancakes are good cold.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
280	**13g**	**28g**	**13g**	**6g**

Estimated values, for guidance only. Contains: Milk, Sesame.