

Courgette and ricotta puffed patties

Courtesy of Cécile, from the blog Cocotte Chlorophylle
Translation: Emmanuelle B., @Effondrilles et abat-faim

Serves 4

Prep. and cooking time: 30mins

Ingredients (all of them can possibly be organic)

250g ricotta

2 eggs

2 tblps rice flour (or semi or whole wheat flour)

1 small or medium courgette (zucchini)

2 spring onions

2 sprigs fresh mint

2 sprigs fresh oregano

1 tblsp olive oil

About 50g goat cheese (diced) or 2 tblsp grated parmesan

1 tsp sambar powder (opt.)

1 pinch salt (herb flavoured, if possible)

Freshly ground black pepper



Preparation:

Mince the onions and sauté them in a pan with 1 tblsp olive oil. If using sambar spices, heat them in the pan for a few minutes before adding the onions in order to enhance their flavour. While onions are cooking, grate the courgette. Add it in the pan and cook until the water contained in the courgette has evaporated. Stir occasionally.

In a bowl, mix the egg yolks (the white is kept aside and will be whisked later to get lighter patties; you can also choose to skip this stage and use the whole egg now), ricotta, flour, goat cheese (diced) or parmesan, salt and pepper. Remove the leaves from the mint and oregano sprigs, chop them or tear them with your fingers and add them to the mixture. Mix well. Stir in the courgettes and onions (drained if necessary) and mix well again.

Beat the egg whites stiff and carefully fold them in the mixture.

Heat some olive oil in a large pan, drop 1 tblsp of the mixture for each patty. Cook on medium heat for about 3mins. When set, flip the patties and cook on the other side for 3 more mins. Serve at once with green salad.

For a crunchy version, you can add 1 tblsp pepitas.

In place of oregano you can use chive, parsley, basil or cilantro. You can also use all these herbs together!