

SOCCA-STYLE PANCAKES WITH ZA'ATAR, KALE, CHICKPEAS, RADISHES AND TAHINI SAUCE



DIFFICULTY
EASY



TIME
45 MIN



SERVES
4

INGREDIENTS

- 1 cup chickpea flour
- 1 cup water
- 6 Tbsp extra-virgin olive oil, divided
- ¼ tsp salt plus more to taste
- ⅓ cup tahini
- 3 Tbsp fresh lemon juice
- 1-3 Tbsp warm water
- 4 tsp of minced garlic (4 cloves), divided
- One 15 ounce can of chickpeas (1 ¾ cups rinsed and drained)
- 1 Tbsp + 1 tsp za'atar spice
- 1 large bunch of Tuscan kale, ribs removed and sliced crosswise into ½ inch pieces
- Salt and pepper to season
- 8 radishes, thinly sliced
- ¼ cup sliced green onions
- ½ cup toasted walnut pieces

DIRECTIONS

1. In a large bowl, whisk together the chickpea flour, water, 1 Tbsp of olive oil and ¼ tsp of salt. Let the socca batter sit at least 10 minutes or up to 1 hour to let the flour hydrate.
2. While the batter is resting, make the tahini sauce. Whisk together the tahini, 1 Tbsp of olive oil, 1 tsp of minced garlic, the lemon juice, a pinch of salt and 1 Tbsp of warm water. Continue to thin with more warm water until you can drizzle it.
3. In a medium sauté or cast iron frying pan, heat 2 Tbsp of the olive oil and 3 tsp garlic over medium heat, tossing occasionally, until garlic is lightly browned, about one minute. Add chickpeas and increase heat to medium-high. Cook, tossing occasionally, until chickpeas are lightly browned, 6–8 minutes. Add za'atar and toss several times to coat chickpeas; season with salt. Add kale and continue to cook, tossing occasionally, until kale wilts, about 2 minutes. Transfer to a medium bowl, add the radishes and green onion and toss to combine. Reserve the pan to cook the soccas.
4. Heat 1 ½ teaspoon oil in reserved skillet over medium-high. Add one-quarter of the reserved socca batter to center of skillet and tilt skillet so that it spreads out to a thin 6"–7" pancake. Cook, undisturbed, until well browned and crisp underneath, 2–3 minutes (turn up the heat to high if needed to get crunchy edges and nice browning). Flip the socca over and cook just until lightly browned on second side, about 1 minute. Transfer the first pancake to a plate. Repeat with remaining oil and batter three more times.
5. Top each socca with chickpea salad. Drizzle with tahini sauce and top with walnuts.

NUTRITION FACTS PER SERVING

Calories: 584 **Fat:** 42.4g (**Saturated Fat:** 5.3g) **Carbohydrates:** 42.5g **Fiber:** 9.6g **Sugar:** 0.9g
Protein: 15.8g **Sodium:** 555mg



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