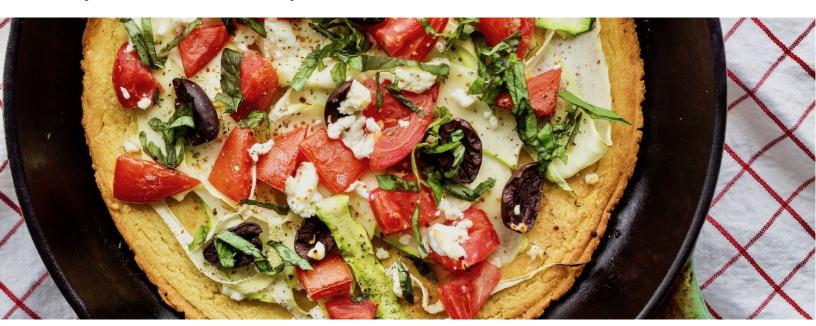
Socca with Tomatoes & Zucchini

10 ingredients · 1 hour 20 minutes · 2 servings



Directions

- Add the chickpea flour, water, avocado oil and sea salt to a medium bowl and whisk together. Allow this to sit for about an hour at room temperature.
- Turn on your oven to broil, and put your cast iron pan in the oven while it pre-heats to make sure it is really hot.
- **3.** Pour the chickpea mixture into your hot cast iron pan and swirl it around if necessary to ensure it coats the pan. Broil for 5 to 7 minutes, keeping a close eye to avoid burning.
- 4. Remove the pan from the oven and then turn the oven to 425°F (218°C).
- Top the socca with zucchini, tomato, olives and goat cheese and bake for 8 to 10 minutes.
- **6.** Remove the pan from the oven. Garnish the socca with sliced basil. Let cool slightly before sliding it off the pan and onto a plate. Slice into quarters and top with red pepper flakes. Enjoy!

Notes

Additional Topping Ideas

Pesto, herbs, a drizzle of olive oil or your favourite vegetables.

No Avocado Oil

Use olive oil instead.

Leftovers

Best enjoyed warm or at room temperature. Store in the fridge up to 3 to 4 days. Reheat in the oven.

No Cast Iron Pan

Use any flat, shallow oven-safe baking dish.

Dairy-Free

Omit the cheese.

Ingredients

1 cup Chickpea Flour

1 cup Water

2 tbsps Avocado Oil

1/4 tsp Sea Salt

1 Zucchini (medium, sliced into ribbons)

1 Tomato (medium, diced)

1/4 cup Pitted Kalamata Olives (chopped)

1/4 cup Goat Cheese (crumbled)

1/4 cup Basil Leaves (sliced)

1/4 tsp Red Pepper Flakes ((optional))

