

Socca with Tomatoes & Zucchini

10 ingredients · 1 hour 20 minutes · 2 servings



Directions

1. 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.
2. 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).
5. 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!

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))

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.