



## Plantain Courgette Pancake with Smoked Salmon & Beetroot Salsa

These courgette pancakes make a nutritionally packed, decadent grain free dish.

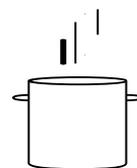
Plantains are from the banana family, but are seen as a vegetable and not a fruit.

They need to be cooked before they are eaten as unsuitable to eat raw. They are highly nutritious, as well as a good source of potassium and vitamins A and C.

Plantain is the perfect choice for a post training meal as they are known to improve athletic performance, lower blood pressure and increase blood flow.



15



12



8

### Ingredients

2 Large Plantains, Very Ripe with Black Skin, Mashed

2 Large Eggs

60g The Groovy Food Company Organic Coconut Flour

1 Courgette, Grated

2 tbsp. The Groovy Company Organic Coconut Oil (for Frying)

### Directions

1. Peel and mash the plantain until smooth then add the eggs and combine together.
2. Add the coconut flour, sea salt, white pepper and mix together.
3. Grate the courgette and add it to the plantain mixture.
4. Roll the mixture into a ball then divide the mixture into 8 equal sized balls.

Sea Salt

White Pepper

For the Topping:

2 Avocados, Sliced

250g Smoked Salmon

For the Salsa:

4 Cooked Beetroot, Roughly Chopped

3 tbsp. Crème Fraiche

A Handful of Dill, Chopped

Sea Salt

Black Pepper

To Garnish:

Dill

5. Set aside for 10 minutes.
6. To make the salsa, chop your beetroot add sea salt, black pepper, crème fraiche, chopped dill and mix together.
7. Slice the avocado and form into a rosette.
8. Heat your frying pan (22cm) on a high heat and add 2 tbsp. of coconut oil then lower to a medium heat.
9. Flatten the ball mixtures into a pattie about 1cm thick and place in the frying pan, you should be able to fit 4 pancakes into one frying pan.
10. Turn over the pancakes after 1 minute, the underside should be a golden brown colour, and cook for a further 1 minute before turn over again.
11. Cook for a further 2 minutes before turning over again, keeping the heat on medium.
12. To serve, place 2 pancakes on top of each other, top with the avocado rosette (or sliced avocado) and smoked salmon on the side with a spoonful of beetroot salsa.