



Olive and spinach socca

By Nat Neal, Mount Zero

Socca is a nutritious, gluten-free chickpea pancake. This version is enhanced with Mount Zero's salt cured kalamata olives. Naturally fermented in dry salt to remove bitterness, the olives add a rich, roasted flavour, giving a delicious twist to this classic dish from the South of France.

Fresh from the garden: red onion, spinach.

INGREDIENTS

- 1 cup chickpea flour
- 1 ½ cups water
- 1 tsp Mount Zero Pink Lake Salt
- 2 tbsp Mount Zero Organic Extra Virgin Olive Oil, plus extra for frying
- ½ red onion, cut into thin half-moon slices
- 1 tbsp Mount Zero Salt Cured Kalamata Olives, de-pitted and roughly chopped
- 1 tbsp sun-dried tomatoes, roughly chopped
- ¾ cup spinach, roughly chopped

Preheat oven to 200°C.

In a medium bowl, whisk together the chickpea flour, water, salt and oil. Cover and let it stand for 1-2 hours (no need to refrigerate).

In a small cast-iron pan, heat a few tablespoons of olive oil over medium heat.

Add in the sliced onions and sauté for 10 minutes, stirring occasionally to prevent burning. Reduce to a low heat and let the onions caramelise for about 20 minutes.

Increase the heat in the cast iron pan to high after the onions have caramelised and add the olives, tomatoes and spinach to the pan with a couple of tablespoons of oil.

Sauté until the spinach is reduced a bit, then add about two cups of the chickpea/water mixture to the pan.

Place the entire cast iron pan into the oven and bake for about 20 minutes, or until it browns around the edges.

Slice into wedges and serve.

SERVES 4