

# POTATO AND ZUCCHINI PANCAKES

***650g potatoes***

***400g zucchini***

***½ onion, chopped finely***

***¼ cup leek, chopped***

***1 egg, lightly beaten***

***1 cup wholemeal plain flour***

***Olive oil, for frying***



Grate the potatoes and zucchini, then add in finely chopped onion and leek. Mix well.

Add the egg and stir well. Fold the flour into the mixture and season with pepper.

Heat a fry pan on moderate heat and add a little olive oil. Spoon 2 tablespoons of the mixture into the fry pan.

Flatten with the back of a spoon and cook on either side until golden brown.

*Source: Better Health Channel*