

Mexican Sweetcorn & Zucchini Bake

A bake like this is a great option for when you want a simple yet tasty dish that is quick to put together. With the garden bearing its final late summer offerings, we still have zucchini that need eating, and because we did successive sowings of sweetcorn this year there is no shortage of that either. Corn and zucchini are a wonderful combination, and this recipe is a nod to the late Digby Law, whose corn and courgette casserole was a staple in our house when I was a kid. This is quite different to his dish however, with grated zucchini instead of rounds, besan flour to bind, and a distinct Mexican vibe.

Besan (chickpea) flour always gives a lovely flavour and texture, as well as being a great option for people who are trying to eat gluten free. However, if you can't source it or don't want to use it regular flour would do, as would wholemeal flour.

The top of the bake is pimped with pickled jalapenos and red onion, but feel free to play around with your own toppings. Charred capsicum strips would be nice, as would slices of tomato, or rosemary and black olives.

Serves 4 as a main or 6 as a side

Ingredients

- 2 large zucchini, grated (about 4 cups worth)
- 1 teaspoon sea salt
- 2 cups corn kernels, either off the cob, canned or frozen
- 2 large cloves garlic, minced
- 1 large spring onion, finely sliced
- Large handful of fresh chives, finely chopped
- ½ cup Greek yoghurt
- 2 large free-range eggs, beaten
- Cracked black pepper
- ½ cup besan flour (or plain flour if you prefer)
- 1 teaspoon baking powder
- 1 ½ teaspoons smoked paprika
- 100 grams tasty cheese, grated (about 1 cup worth once grated)

Method

1. Grate the zucchini and place it into a colander over a bowl. Sprinkle the salt over, mix through and let sit for half an hour to release the juices.
2. Preheat the oven to 200 C.

3. Squeeze the liquid out of the zucchini and place it in a bowl with the corn, garlic, spring onions, chives, yoghurt, eggs and a good grind of black pepper. Mix, then sieve the besan flour, baking powder and smoked paprika into the bowl. Fold everything together without overmixing.
4. Spread into a 28cm x 18cm tin that has been lined with baking paper, and top with the remaining cheese, then an extra sprinkle of paprika. Arrange the pickled jalapeno slices and red onion rings over the top, and place into the centre of the oven. Bake for 30 minutes or until set.
5. Serve as a side as part of a Mexican feast, or as the main star with chunky guacamole, sour cream and tabasco sauce.