



NEWTRITION NEWYOU
FOOD · MIND · BODY

Zucchini Feta Blinchiki

Serves 2 (makes about 8 blinchikis)

Ingredients

- 1 medium zucchini
- 1 TBS [Sherpa Pink Extra Fine Himalayan Salt](#)
- 3 ½ oz feta cheese, crumbled
- 4 TBSP [organic buckwheat flour](#)
- 1 egg
- 2 TBSP parsley, chopped
- 1 clove garlic, minced
- Chilli flakes, to taste
- 1 TBSP coconut oil

Directions

1. Grate the zucchini (using the side with large holes) and place in a bowl.
2. Add 1 tablespoon of [Sherpa Pink Extra Fine Himalayan Salt](#) and mix.
3. Let the mixture stand for about 30 mins, then squeeze all the water out of the zucchini.
4. Put the zucchini back into the bowl and add crumbled feta, flour, egg, chopped parsley, garlic and chilli flakes.
5. Season with salt and pepper as desired (but don't forget that you've already salted the zucchini, so don't go crazy).
6. Heat the oil in a large [PFOA- and PFTE-free griddle](#) over medium heat.
7. Using around 1 large tablespoon of batter per blinchik, fry for about 3 minutes on each side.
8. Garnish with parsley... or if you really want to go all out, add a dollop of Greek yogurt or sour cream and some red caviar like my grandmother used to.

