

Socca with roasted vegetables and chermoula

Ingredients

Socca

- 1 cup chickpea flour
- $\frac{3}{4}$ cup warm water
- $1\frac{1}{2}$ tablespoons olive oil, plus more for the pan
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{3}$ cup pitted Kalamata olives, chopped

Roasted vegetables

- 1 small zucchini, cut into bite-sized pieces
- 1 red bell pepper, cut into bite-sized pieces
- $\frac{1}{2}$ red onion, sliced
- 1 cup mushrooms, cut into bite-sized pieces
- 1 tablespoon olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon dried thyme or oregano

Chermoula*

- 1 cup parsley (or $\frac{1}{2}$ parsley, $\frac{1}{2}$ cilantro)
- 2 garlic cloves
- 1 lemon, zest and juice
- $\frac{1}{4}$ cup olive oil
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon coriander
- Pinch of red pepper flakes
- Salt to taste
- Feta cheese and parsley to garnish (optional)

*Can be made ahead of time to let flavors meld.

Directions

Socca

- In a mixing bowl, whisk chickpea flour with warm water, olive oil, salt, pepper and cumin until smooth. Fold in chopped olives.
- Let batter rest at room temperature for 30 to 60 minutes.
- To bake, preheat oven to 450°F and place a 10-inch cast iron skillet inside to heat.
- Carefully remove the hot pan, swirl in olive oil, pour in the batter and tilt to spread.
- Bake 10 to 12 minutes until set and golden at the edges. If you want a crisp top, broil for 1–2 minutes at the end. Let cool slightly before topping.



Nutritional information

Servings: 4

Cost: \$10.55 total/\$2.64 per serving

Calories: 271 per serving

Roasted vegetables

- Toss chopped vegetables in olive oil, add salt, herbs and optional spices.
- Spread on a parchment-lined sheet pan.
- Roast at 450°F (alongside socca) for 25 to 30 minutes, flipping halfway through, until browned and tender.

Chermoula

- Pulse all ingredients in a food processor or blender until a rough paste forms.
- Add more lemon or oil to taste.

To assemble

- Place browned socca on a platter.
- Spread chermoula generously over the socca.
- Add layer of roasted vegetables.
- Top with crumbled feta and parsley, if desired.
- Serve warm or room temperature, sliced into wedges.