

# Potato pancakes with zucchini

Cuisine: **Czech**

Food category: **Vegetables**



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Company: **Retigo**



## Program steps

Preheating: **180 °C**

1 Hot air 180 °C Termination by time 00:15 hh:mm 180 °C 100 %

## Ingredients - number of portions - 5

Name	Value	Unit
potatoes	500	g
zucchini	500	g
chicken eggs	3	pcs
marjoram	3	g
garlic	5	pcs
salt	1	g
breadcrumbs	100	g
5 tbsp vegetable oil	1	pcs
freshly ground black pepper, ground	1	g

## Nutrition and allergens

Allergens: 1, 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	184.7 kJ
Carbohydrate	37.8 g
Fat	0.8 g
Protein	5.1 g
Water	0 g

## Directions

1. Peel the potatoes and coarsely grate them into a bowl.
2. Cut the zucchini lengthwise and scoop out the seeds with a spoon. Then coarsely grate it into the potatoes. Sprinkle with salt and let it rest for 10 minutes. Drain the excess liquid through a sieve. The mixture will be drier, resulting in crispier potato pancakes.
3. To the grated zucchini and potatoes, add the egg, marjoram, garlic, salt, and pepper. Finally, sprinkle in breadcrumbs, just enough to make the mixture thicker and firmer than runny. You can chop fresh herbs for color (parsley, chervil, thyme, marjoram) into the mixture.
4. Grease a baking tray and fill it with the mixture. Bake according to the specified program.



Vision Snack