

Chocolate Courgette Pudding



Author: recipebyrosie

With a tender chocolate sponge soaked in an indulgent chocolate fudge sauce, It's so moist and chocolatey, you'd never guess it's packed with courgette.

Ingredients

Sponge

- 280g self-rising flour
- 60g dark cocoa powder
- 1/4 tsp bicarbonate soda
- 1 tsp baking powder
- 200g light brown sugar
- 100g yoghurt, room temperature (soya yoghurt or 5% fat greek yoghurt)
- 100g oil (vegetable or light olive oil)
- 360ml milk, room temp (soya or semi-skimmed/whole cows milk)
- 1 tbsp apple cider vinegar
- 200g grated courgette

Chocolate Sauce

- 100g light brown sugar
- 100g dairy / dairy free butter
- 170g dairy / dairy free double cream, cold
- 150g dark chocolate, chopped

Instructions

1. Preheat the oven to 170 C Fan and lightly grease a square baking tin (9 inch)
2. Mix together milk and vinegar - set aside to thicken to create a buttermilk.
3. Once thickened pour into a large mixing bowl and then add in the remaining wet ingredients (minus the courgette)
4. Using a sieve, sift in the dry ingredients. Gently mix until JUST combined - there may be some small lumps but that is fine! Overmixing may cause the cake to be dense and not rise.
5. Grate the courgette and gently press it in a paper towel to remove some of the excess water. Fold this into the mixture.
6. Pour the batter into the tin and bake for 30-40 mins (all ovens are different but the sponge should be well-risen and spring back when touched)
7. Whilst the sponge is baking, make the chocolate sauce.
8. Add sugar and butter to a saucepan and melt together on medium heat, stirring all the while until bubbling. Remove from heat, pour in the cream and mix. Add in the chocolate and leave it to sit for at least 5 minutes until the chocolate is melted. Stir until smooth and

glossy. Transfer to a serving jug and pop into the fridge to cool and thicken.

9. Once the cake is baked, remove from the oven and leave the cake to cool for at least 10 mins before poking holes into the cake.

10. Pour the sauce over the sponge and then leave this to soak in for at least 20 minutes before serving.

