

Raciones para 1

Potatoes

Onions

Wild asparagus

- 1 CRISPY FRENCH FRIES** - Wash potatoes and place them in a bowl. Cover with plastic wrap, poke it and put it in the microwave for 8 minutes to cook the potatoes. Mash the potatoes with a spatula to make them flat. In a pan with oil (notice we need to soak food in oil for deep-frying), fry potatoes until they are crispy and golden brown outside. Sprinkle some salt and oregano all over, and they will be ready to serve as an appetizer or garnish.
- 2 ONION RINGS** - Mix flour, ground garlic, paprika, and water in a bowl. Cut onion into rings and dip them in the mix. Coat with breadcrumbs and parsley. Deep-fry onion rings until they are golden brown and place them on a plate with towel paper to drain grease.
- 3 CRUNCHY ASPARAGUS** - Coat asparagus with flour, then egg and breadcrumbs at the end for a crispy result. Fry asparagus with extra virgin olive oil until they are golden brown and drain with paper towel. Cook your favourite sauce to enjoy this crispy snack.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/3-recetas-de-verduras-supercrujientes/>

COOKING
LOVERS 