3 Crispy vegetable recipes

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 RIGNS - 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/en/receta/3-recetas-de-verduras-supercrujientes/