

Zucchini fries with parmesan

COOKING
LOVERS TESCO



Consejo del chef

Serve them hot to enjoy their crunch.

Raciones para 2

2 Zucchini

150 gr Panko

2 Tablespoons of fine corn starch

100 gr Grated Parmesan cheese

Salt

Pepper

2 Eggs

Extra virgin olive oil

3 Basil leaves

1/2 Red onion

1/2 Clove of garlic

2 Greek yoghurts

1/2 Lime

- 1 Wash and cut the zucchini into sticks and dry well.
- 2 Mix panko with fine corn starch, Parmesan, salt, and pepper. Dip the zucchini into the beaten egg and then into the dry ingredient mix.
- 3 Place the sticks on an oven tray lined with parchment paper, add a dash of oil all over, and bake at 200 °C for 20 minutes.
- 4 Meanwhile, prepare the sauce by mixing together basil leaves, red onion, and the clove of garlic with yoghurt, lime juice, salt, and pepper. Toss well until well combined and serve with the fries.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/fingers-calabacin-horno/>

COOKING
LOVERS 