

Zucchini Fries

Cuisine: **French**
Food category: **Vegetables**



Author: **Chloé Lasseron**

Company: **Retigo**



Program steps

Preheating:

210 °C

1

 Hot air

 100 %

 Termination by time

 00:30 hh:mm

 210 °C

 100 %



Ingredients - number of portions - 2		
Name	Value	Unit
zucchini	2	pcs
chicken eggs	2	pcs
all purpose flour	60	g
panko breadcrumbs	100	g
dried garlic	5	g
parmezán	150	pcs

Nutrition and allergens	
Allergens: 1, 3, Gluten, Milk Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Potassium, Se, Zn Vitamins: A, B, B vitamins, B12, C, D, E, Folate, K, Kyselina listová, Vitamin A, Vitamin C	
Nutritional value of one portion	Value
Energy	302.5 kJ
Carbohydrate	61.1 g
Fat	1.8 g
Protein	7.4 g
Water	4.1 g

Directions

- Line a baking sheet with parchment paper.
- Wash and dry the zucchini. Cut off the ends, then cut them into sticks (about 1 cm thick).
- Prepare the bowls for breading:
- In a first shallow bowl, pour some flour.
- In a second bowl, beat the eggs until smooth.
- In a third bowl, mix the panko breadcrumbs, grated parmesan, garlic powder, salt, and pepper.
- Bread the zucchini sticks:
- Work in small batches: coat the zucchini sticks in flour, then dip them in the beaten eggs.
- Roll them in the breadcrumb/parmesan mixture to coat well.
- Arrange them on the prepared baking sheet.
- Bake the zucchini fries, turning them halfway through cooking, until they are golden and crispy.