

## Baked Zucchini Fries

<u>Equipment</u>	<u>Ingredients</u>
<p>Large metal bowl Small metal bowl Chopping board Cook's knife Fork Muffin tray lined with baking paper</p>	<p>1 cup panko crumbs ½ cup grated parmesan cheese ¼ cup fresh chopped herbs 1 teaspoon Italian seasoning Salt and pepper to taste 4 small zucchinis cut into chips ½ cup plain flour 2 eggs</p>



### Method

1. Preheat oven to 200° Celsius.
2. Combine Panko crumbs, parmesan cheese, herbs and seasonings in a large bowl.
3. Crack eggs into small mixing bowl. Whisk with a fork to combine.
4. Pour flour into another small mixing bowl.
5. Working small batches, coat zucchini in flour, then eggs, coat each zucchini piece in crumb mixture, press gently to coat.
6. Place crumbed zucchini in a single layer onto prepared baking tray.
7. Bake in oven for 20-25 minutes.

Serve with your favourite dipping sauce.