

ZUCCHINI FRIES



Serves: 4
Prep: 20 mins
Cook: 15 mins



Nutrition per
serving:
177 kcal
12g Fats
14g Carbs
5g Protein



DF

LC

V



WHAT YOU NEED

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

WHAT YOU NEED TO DO

Preheat oven to 430° F (220° C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.

On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp. of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp. of olive oil.

Season with salt and serve.

