

Crispy Zucchini Fries

Healthy zucchini fries, made crispy in the air fryer with no added oil. Serve with a dip for a tasty and nourishing treat. Swap to a plant-based milk for vegans.

Serves- 30 tastes

Prep: 25 mins

Cook: 15 mins

Recipe adapted from-
norishedbynic.com



Ingredients

4 medium zucchinis (about 400g)
2 cups flour
1 teaspoon salt
1 teaspoon black pepper
2 ½ cups of milk of choice
3 cups panko breadcrumbs
2 teaspoons garlic powder
3 teaspoons paprika

Equipment

Knives
Air fryer or oven trays
Chopping boards
Bowls
Serving plates
Tongs

Instructions

- Preheat the air fryer or oven to 180°C.
- Slice your zucchinis into 1.5 cm x 9 cm sticks. Pat the sticks dry with a paper towel and allow to sit for about 10 minutes to help them dry out for breading.
- Prepare two bowls or dishes. One with the flour, salt, pepper and milk (whisk these ingredients until a batter forms), and the other bowl with the breadcrumbs, garlic powder and paprika.
- Dip each zucchini stick in the flour batter, so it has a thin coating, then press it into the breadcrumb mixture, coating all sides.

Air fryer method:

- Place in the basket of your air fryer in a single layer, ensuring the zucchini sticks do not touch each other. Air fry for about 15 minutes, flipping halfway through cooking.

Oven method:

- Place on a prepared baking sheet in a single layer, ensuring the zucchini sticks do not touch each other. Bake for about 20 minutes, flipping halfway through cooking.

