

Crumbed Zucchini Chips with Rosemary

Fresh from the garden: zucchini/marrow, rosemary, eggs

Equipment:

clean tea towel
chopping board
cook's knife
vegetable peeler
serving bowls

Ingredients:

- zucchini/ marrow, cut into chip shapes (about 1 cm in width)
- 2 cups Panko breadcrumbs
- Rosemary, 2 sprigs, chopped finely
- 50g Parmesan cheese, finely grated
- Salt and pepper
- 2 eggs

Method (What to do):

1. Preheat the oven to 200°C fan-forced.
2. In a shallow baking dish, combine breadcrumbs, parmesan and 1/4 teaspoon pepper.
3. Place flour in another shallow baking dish and the egg in the third shallow baking dish.
4. Season the zucchini chips with pepper.
5. Working in batches, coat the zucchini in flour and shake off the excess.
6. Next, dip the chips into the egg and then into the breadcrumbs, pressing to make sure the chips are coated.
7. Heat 2 large non-stick frying pans over medium heat. Melt 20g butter and 1 tbs oil in each pan.
8. Add half of the crumbed zucchini chips to each pan. Cook for 3-4 minutes on each side or until they are golden brown, crisp and tender.
9. Transfer the zucchini chips to a plate lined with a paper towel.
10. Sprinkle the with a little sea salt prior to serving.