

BAKED ZUCCHINI CHIPS - with dipping sauces

WHAT YOU NEED: ZUCCHINI CHIPS

- 2 medium zucchini
- 1/2 cup flour
- 2 eggs
- 1 1/2 cup breadcrumbs
- 2 teaspoons Tuscan seasoning
- 100 gm cheese

WHAT TO DO:

1. Cut the ends off zucchini then slice into 1cm thick pieces.
2. In one bowl place flour. In another bowl, add the eggs and beat. In another bowl, mix together the breadcrumbs, grated cheese and Tuscan seasoning.
3. Dip each zucchini slice firstly into flour, then eggs, then breadcrumb mix. Place onto tray.
4. Continue until all zucchini have been coated. Bake at 230° for 15 - 20 minutes or until golden, turning once during cooking. Serve with dipping sauces.



WHAT YOU NEED: CILANTRO LIME AIOLI

- 1 cup mayonnaise
- 1 teaspoon crushed garlic
- 1 Tablespoon lime juice
- 1 Tablespoon coriander paste
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

WHAT TO DO:

1. In a jug, mix the mayonnaise, crushed garlic, lime juice, coriander paste, salt and pepper.
2. Divide mixture between 2 serving bowls and serve with zucchini chips.



WHAT YOU NEED: ROMESCO SAUCE

- 3/4 cup tomato puree
- 2 roasted capsicum
- 1 tablespoon lemon juice
- 1 teaspoon crushed garlic
- 1 teaspoon smoked paprika
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon salt

WHAT TO DO:

1. Mash the capsicum with a fork until nicely pureed.
2. In a jug, mix together the tomato puree, mashed capsicum, lemon juice, crushed garlic, smoked paprika, cayenne pepper and salt.
3. Divide mixture between 2 serving bowls and serve with zucchini chips.



ALLERGIES/INTOLERANCES: Eggs will be replaced with oil. Gluten free flour/breadcrumbs will be used. Cheese will be replaced with soy cheese.