

Zucchini Fingers/Fries with Dip

Ingredients:

Zucchini -2 no's or it
can be substituted with egg plant



Paprika/Chili powder - 1/2 tsp



Garlic powder -1/4 tsp



Pepper powder -3/4 to 1 tsp



Thyme /Italian seasoning 1-/4 tsp

Olive oil -2tsp



Chickpea flour/Besan-1 cup



Milk/Almond milk /Water- ¼ to ½ cup



Breadcrumbs- ½ cup



(Substitute :-use ground poha or ground oats)

Parmesan Cheese (Substitute:-Ground cashew powder ,nutritional yeast,



onion powder and garlic powder) - ½ cup



Salt -1 tsp

Steps:

1. Preheat the oven to 400 degrees Fahrenheit. Keep a baking tray ready with a foil or parchment paper.
2. Cut the zucchini-2 no's



3. Combine garlic powder-1/2 tsp, paprika powder-1/2 tsp, black pepper powder-1/4 tsp, Italian seasoning-1/4 tsp, salt to taste and olive oil-1 tsp in a bowl add zucchini and marinate it.



4. In another bowl add chickpea flour-1 cup, salt-1/2 tsp, pepper-1/4 tsp mix it together and add milk-1/2 cup. Whisk it to form a slightly thick batter without lumps.



5. In a bowl combine breadcrumbs-1/2 cup, Parmesan cheese -1/2 cup, pepper-1/4 tsp and salt(optional)-less than 1/4 tsp as parmesan cheese has salt in it.

6. Take the marinated zucchini dip it in chickpea mixture and coat it with breadcrumbs mixture and place it in a baking tray repeat until all the fries are ready. Put a dash of oil on top the fries to make it crispier.



7. Place it in the oven and bake for 15 to 20 min till they turn golden brown.



Dip for the fries :-

Mayonnise-1/4 cup, yogurt-1/4 cup, cumin powder-1/4 tsp and red chili flakes-1/4 tsp and salt-1/4 tsp mix it together.

To make it a meal serve with roasted tofu and couple of Bread/Salad