

# **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-  $\frac{1}{4}$  to  $\frac{1}{2}$  cup**

**Breadcrumbs-  $\frac{1}{2}$  cup**



**(Substitute :-use ground poha or ground oats)**

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



onion powder and garlic powder) -  $\frac{1}{2}$  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  $\frac{1}{4}$  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