



# Baked Zucchini Fries

Recipe by Kirsten Bacon

60-70 minutes

## INGREDIENTS

- 2 medium zucchinis, sliced into sticks
- 60g Parmesan cheese, finely grated (ideally not preheated)
- 40g ground polenta
- 2 tsp smoked paprika
- 1½ tsp chopped garlic
- 2 eggs, beaten
- 3 tsp olive oil
- 1 tsp sea salt

## NOTES

Instead of using regular flour or breadcrumbs, use polenta to give the fries a satisfying crunch. It keeps the dish gluten-free too!

## DIRECTIONS

1. Preheat your oven to 220°C and line a baking tray with baking paper.
2. Slice the zucchini into even sticks and place them on a paper towel. Sprinkle with salt and let them sit for 30-40 minutes to draw out moisture.
3. In another bowl, combine the Parmesan cheese, polenta, smoked paprika, and chopped garlic.
4. In another bowl, beat the eggs with olive oil.
5. Once the zucchini has released moisture, blot it dry with more paper towels.
6. Dip each zucchini stick first into the egg wash, then coat it in the dry mixture.
7. Arrange the coated zucchini sticks on the baking tray and bake for 20-25 minutes, or until golden and crispy.
8. These baked zucchini fries are perfect on their own, but they also make an excellent side dish or snack when paired with your favorite dipping sauce. Enjoy!



**Sundays**  
with Lucie Cutting  
on 936AM and the ABC listen app

