

Baked Green Fries

Ingredients

Serves 8

8 medium courgettes
4 eggs
300g ground almonds
150g Parmesan cheese
Salt and pepper
Pinch of paprika (optional)

Method

1. Heat your oven to 220 C/200 C fan/gas mark 7.
2. Top and tail the courgettes then slice each one into chip-sized batons.
3. Crack the eggs into a mixing bowl and beat them together with a fork or whisk until they are well mixed. Remember to wash your hands if you get any raw egg on your fingers.
4. Weigh out the ground almonds. Grate the Parmesan cheese, using the fine side of the grater, and being careful not to grate your fingers! Mix them together.
5. Line a baking tray with baking paper.
6. Dip the courgette chips in the egg, a handful at a time, and then in the almond mix, making sure they are well coated.
7. Put all the chips on to the lined baking tray in a single layer, then put the tray into the oven for 15 to 20 minutes, turning them over halfway through cooking, until the chips are golden brown and crisp.
8. Season with salt and pepper and paprika, if you are using it, before putting them on the table, but don't expect them to last long!



You will need

Grater
Lined baking tray
Two mixing bowls
Whisk

Remember!

Grown-ups like you to ask for help when using hot, sharp or heavy stuff in the kitchen.

matilda
and the
Ramsay bunch