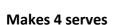
# **Crunchy zucchini fingers**

#### **EVERYDAY NSW**



## **Ingredients:**

- 1 medium zucchini
- 1 egg
- ½ cup Parmesan cheese
- ½ cup oats

#### Method:

- 1. Preheat the oven to 200 degrees Celsius (fan forced)
- 2. Chop the zucchini into wedges about 5cm long and place on an oven tray lined with baking paper
- 3. Using a food processor or blender, process the oats until they reach breadcrumb consistency
- 4. Mix the Parmesan cheese and oats together and place on a plate or tray
- 5. Crack the egg into a bowl and whisk until combined
- 6. Dip a zucchini strip into the egg mixture ensure it is fully covered
- 7. Shake off the excess egg mixture and roll the zucchini in the oat mixture to cover evenly
- 8. Place the zucchini onto the baking tray
- 9. Repeat steps 6-8 until all zucchini strips are battered
- 10. Bake the zucchini fingers for approximately 20 minutes or until golden and crispy. Make sure to turn the fingers after 10 minutes

### **Nutrition information:**

	Per serve 84g	Per 100g
Energy (kJ)	457	544
Protein (g)	6.9	8.3
Fat – total (g)	5.1	6.1
Saturated (g)	2.3	2.7
Carbohydrates – total (g)	8.1	9.6
Sugar (g)	0.9	1.1
Sodium (mg)	152	180
Fibre (g)	1.4	1.7



