

Veggie Fries 4 Ways

Ingredients:

For the Carrot Fries:

- 2 large carrots peeled, ends cut off
- 2 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1 tsp paprika
- 1 tsp salt
- 1 tsp pepper
- Chutney, to serve

For the Sweet Potato Fries:

- 1 large sweet potato
- 2 tbsp olive oil
- 1 tbsp fresh rosemary, chopped
- 1 tsp salt
- 1 tsp pepper
- Tomato sauce, to serve

For the Asparagus Fries:

- 1 pack fresh Asparagus spears
- 1 cup crushed/ground almonds
- 1/3 cup parmesan cheese
- 1 tbsp garlic salt
- 2 tbsp dried oregano
- 1 tsp pepper
- 2 eggs
- Mayonnaise, to serve

For the Baby Marrow Fries:

- 2-3 baby marrows
- 1 cup Panko bread crumbs
- ½ cup parmesan cheese
- 1 tbsp garlic salt
- 1 tbsp dried basil
- 1 tsp pepper
- 2 eggs
- Sweet Chili sauce, to serve

Method:

For the Carrot Fries:

1. Preheat the oven to 220°C.
2. Line a baking sheet with baking paper and set aside.
3. Top and tail the carrots then cut lengthwise and in half to create "fries".
4. Place the fries into a large bowl and add olive oil, parsley, paprika, salt and pepper.
5. Place in a single layer on the baking sheet.

6. Bake for 20 - 25 minutes, flipping halfway.
7. Serve with a chutney dip and ENJOY!

For the Sweet Potato Fries:

1. Preheat the oven to 220°C.
2. Line a baking sheet with baking paper and set aside.
3. Cut the sweet potatoes into "fries".
4. Place the fries into a large bowl and add olive oil, rosemary, salt and pepper.
5. Place in a single layer on the baking sheet.
6. Bake for 20 – 25 minutes flipping halfway through.
7. Serve with a tomato dipping sauce and ENJOY!

For the Asparagus Fries:

1. Preheat the oven to 220°C.
2. Line a baking sheet with baking paper and set aside.
3. Cut the hard ends off the asparagus spears and discard.
4. Slice each of the asparagus spears in two to create two shorter fries
5. Combine crushed almonds, parmesan, garlic salt, oregano and pepper.
6. Whisk eggs in a shallow bowl.
7. Dip asparagus in eggs, coating evenly, and then toss with the crushed almond mixture.
8. Bake for 15-20 minutes, flipping halfway.
9. Serve with a mayonnaise dip and ENJOY!

For the Baby Marrow Fries:

1. Preheat the oven to 220°C.
2. Line a baking sheet with baking paper and set aside.
3. Top and tail the baby marrows and cut lengthwise and across into "fries" and set aside.
4. In a large bowl combine bread crumbs, parmesan, garlic salt, basil and pepper.
5. Whisk eggs in a shallow bowl.
6. Dip zucchini in eggs, coating evenly, and then toss in the bread crumb mixture.
7. Bake for 15 – 20 minutes, flipping halfway.
8. Serve with a sweet chilli dipping sauce and ENJOY!