

## Crunchy zucchini fingers

EVERYDAY NSW

Makes 4 serves

### 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