

Baked Vegetable Fries

Ingredients

- 2 cups of panko
- 1 cup of tasty cheese
- sea salt and pepper
- 4 zucchinis cut into batons
- 1 cup of flour
- 4 eggs beaten
- 1/4 cup of chopped herbs.
- 2 sweet potatoes, peeled and cut into batons.
- rosemary leaves
- 1 tablespoon of dried mixed herbs.

Method.

1. Preheat oven to 200 degrees Celsius.
2. Place baking paper on a baking sheet and cover with 1 tablespoon of olive oil.
3. In a large bowl combine panko, cheese, fresh herbs and dried herbs. Set aside.
4. Working in batches, dredge zucchini and sweet potato in flour, dip into eggs, then dredge in panko mixture, pressing to coat.
(Maybe divide mixtures into 3 bowls so 2 children can work at a time at each station.)
5. Place vegetables onto baking sheets.
Put in the oven and bake for 20 minutes or until golden brown and crisp.
6. Place on two platters and serve.

