



## Zucchini Fries with Basil Remoulade

- See note for Cajun flavored option

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Serves 4

### Ingredients:

#### For the Fries:

- 2 medium Zucchini
- 1 cup Panko Bread Crumbs
- ¼ cup freshly grated Parmesan Cheese
- 1 tsp Italian Seasoning (McCormick)
- 2 Eggs (whisked)
- Flour for dredging
- Sea Salt
- Vegetable Oil for frying



#### For the Basil Remoulade:

- ½ cup Mayonnaise
- 2 tsp Lemon Juice
- 1 small clove of Garlic grated or put through a garlic press
- 5 tsp chopped fresh Basil

### Directions:

Combine the ingredients for the remoulade and refrigerate until ready to serve.

Heat oil to 375° F

Prepare the zucchini by trimming both ends off then cutting the zucchini in half across the width. Then, cut the halves in half along the length and cut each of the 4 sections into 3 - 4 fries. There should be some of the green peel on each fry.

Combine the next 3 ingredients in a food processor and process until fine.

Set up a breading station, with flour in one pan, the whisked eggs in another and the panko mixture in another.

Dredge the fries in flour, shaking off the excess, then egg and then the panko mixture. Gently drop in oil and fry 2-3 minutes or until golden brown. Be sure to work in batches to maintain the oil temperature. Remove to a paper towel lined plate and sprinkle lightly with sea salt. Keep warm in a 200° oven on a baking rack placed over a baking sheet until all of the fries are prepared. Serve with the Basil Remoulade.

- Try a Cajun flavor profile instead. Replace the Italian Seasoning with Cajun Seasoning in the panko mixture and serve with Cajun Mayo.

### Cajun Mayo

- 1 cup Mayonnaise
  - 1 tsp Cajun Seasoning
  - 1 TBSP fresh lime juice
- Combine ingredients and refrigerate until ready to serve.