

Baked Zucchini Fries

Season: Summer

Type: Side

Serves: 28 tastings

From the garden: Zucchini

Class focus: Cutting zucchini into long sticks



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Chopping boards and knives
Measuring spoons
Measuring cups
Baking paper
Baking tray x 2
Serving bowl x 5
Kitchen tong x 5

Ingredients:

3 zucchinis (cut into 5cm long sticks)
½ cup parmesan cheese
2 tablespoons olive oil
½ teaspoon salt
10 grinds of pepper

What to do:

1. Heat oven to 220C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients in a large mixing bowl and toss to evenly coat.
4. Pour into the lined baking trays and spread the zucchini out into a single layer.
5. Bake in the oven for 20 minutes or until golden brown.
6. Serve into 5 serving bowls with a tong in each.