

Avocado Fries



Now these are yummy!

Ingredients

1 egg, lightly beaten

2 cups Japanese Panko breadcrumbs

2 avocados, cut into wedges

Olive oil spray

Method:

1. Preheat the oven to 200C.and line a baking tray with baking paper.
2. Place the beaten egg in a shallow plate.
3. Place breadcrumbs in a second shallow plate and season with sea salt and cracked pepper.
4. Peel avocado and slice into wedges
5. Dip each avocado wedge in the eggs to coat, then roll in breadcrumbs, coat thoroughly.
6. Place on the prepared tray.
7. Spray with cooking oil.

8. Bake for 10 minutes or until golden and crisp.
9. Serve immediately with a little sweet chilli sauce to dip.