

Miele

Zucchini fries with blue cheese dip and chilli sauce

By Miele

15 minutes

Preparation time

15 minutes

Cooking time

2

Serves



INGREDIENTS

Zucchini fries

2 zucchinis
100 g plain flour
3 eggs
50 ml milk
2 tbsp sunflower oil
200 g panko breadcrumbs
2 tsp salt flakes
½ tsp garlic powder
¼ tsp pepper
100 g Cheddar cheese, coarsely grated

Blue cheese dip

150 g blue cheese
2 tbsp mayonnaise
80 g yoghurt
1 pinch salt flakes
1 pinch pepper
¼ tsp smoked paprika

To serve

2 tbsp siracha, or to taste

METHOD

Zucchini fries

1. Halve the zucchini crosswise and cut each half into 8 equal pieces.
2. Whisk the flour, eggs, milk and oil together in a shallow bowl until combined.
3. In another bowl, mix together the panko breadcrumbs, spices and cheese. Place the flour in a third bowl.
4. Coat the zucchini pieces with the breadcrumbs. To do this, first turn the zucchini pieces in the flour, then in the egg mixture. Then coat them evenly with the panko mixture. For a particularly even and crispy coating, turn the pieces in the egg and panko mixtures a second time.
5. Place the grilling and roasting insert on the universal tray, place the zucchini pieces on top.
6. Place the tray in the oven and on Fan Plus at 205°C. Bake for 15 minutes, turn over and bake for a further 10 minutes or until crisp.

Blue cheese dip

1. Blend all the ingredients for approx. 1 minute. Blending for too long may cause the dip to separate.
2. Chill the dip until ready to serve.

To serve

1. Serve the zucchini fries with the blue cheese dip and drizzle with the sriracha sauce.

Additional appliance method

Oven with AirFry.

- Miele's new AirFry function (available in selected ovens) combined with the perforated baking tray creates crispier results compared to using the regular Fan Plus setting.
- The fries can be cooked using the same method as above but using the AirFry function. Cooking times may be reduced.