



Air Fried Zucchini Fries with Herbed Yoghurt Dip



the Smart Oven™ Air Fryer
with Element iQ™ System

Sage®

Air Fried Zucchini Fries with Herbed Yoghurt Dip



Prep 35 mins / Cook 12 mins



Serves 4



the Smart Oven™ Air Fryer

For the zucchini

450 g (approx. 4 medium) zucchinis
1 ½ tsp sea salt
55 g panko breadcrumbs
60 g finely grated Parmesan cheese
1 tsp dried oregano
1 pinch cayenne pepper
35 g plain flour
2 egg whites

For the herbed yoghurt dip

250 g Greek yoghurt
1 clove garlic, finely grated
½ bunch chives, finely sliced
¼ bunch Italian parsley, finely chopped
1 tsp lemon juice
½ tsp sea salt
¼ tsp freshly ground black pepper
Spray oil

1. Cut the zucchini in half crosswise and then cut each half lengthwise into long wedges, 1 cm thick. Toss the zucchini with the salt and place in a colander set over a bowl. Let drain for 30 mins.
2. Rinse well under cold running water to get rid of the excess salt. Use paper towels or a clean dish towel to dry the zucchini well.
3. Place all ingredients into a small bowl and stir until well combined. Cover and chill until ready to use.
4. Combine the panko crumbs, Parmesan, oregano and cayenne in the bowl of a food processor. Pulse until the ingredients are well combined and slightly finer in texture. Transfer the panko mixture into a shallow dish.
5. Place the flour in a separate shallow dish.
6. Place the egg whites into a bowl and whisk. When they are broken up and slightly foaming, place them in another shallow dish.
7. Toss ⅓ of the zucchini wedges in flour and shake off any excess.
8. Then dip the zucchini into the egg whites to coat them, allowing the excess to drain off.
9. Transfer the zucchini into the panko mixture, ensuring all sides are well crusted.
10. Spray the airfry basket with spray oil.
11. Arrange the zucchini wedges in a single layer on the air fry basket, leaving space between each piece.
12. Pre-heat the oven. Select AIRFRY/SUPER CONVECTION/220°C/12 mins and press start.
13. Once preheated, place the airfry basket in the airfry position of the oven and cook for 12 mins or until golden brown and crispy.
14. Serve immediately with the herbed yoghurt dip.