

HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Avocado Fries



Ingredients

- Canola oil
- ¼ cup of flour
- ¼ tsp kosher salt
- 2 eggs, beaten
- 1¼ cup panko (Japanese breadcrumbs)
- 2 firm ripe medium avocados, pitted, peeled and sliced into half-inch wedges

Instructions

1. In a medium saucepan, heat canola oil (about 1-1/2 inches deep) until it registers 375F using a deep-fry thermometer (or use the old method of dropping a few crumbs in oil. If they bubble and float to the top, the oil is just right and it's time to fry!)
2. Meanwhile mix flour with salt in a shallow dish.
3. Beat eggs in a shallow dish.
4. Place panko in a shallow dish.
5. Dip avocado slices into flour, then shake off excess. Next, run the avocado through the egg and then press into the panko to coat.
6. Fry avocado slices until golden brown 30-60 seconds. Transfer onto a plate lined with paper towels.
7. Sprinkle with salt to taste.

Optional to serve

1. Drizzle with truffle oil.

Buon Appetito!!