

# Zucchini Fries with Special Sauce



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Recipe by: Laura Vitale

Serves 4

**Prep Time: 25 minutes**

**Cook Time: 25 minutes**

## Ingredients

### For the Fries:

- 2 Zucchini, cut into ½ inch matchsticks
- ¾ cup of Ground Almonds
- ¼ cup of Freshly Grated Parm
- 2 tsp of Pizza Seasoning
- 1 tsp of Granulated Garlic
- 2 Eggs
- Pinch of Salt
- Olive Oil

### For the Sauce:

- ½ cup of Mayo
- 2 Tbsp of Ketchup
- 2 tsp of Prepared Horseradish
- ½ tsp of Granulated Garlic
- Pinch of Salt
- Small Squeeze of Lemon

1) Preheat your oven to 425 degrees. Line a large baking sheet with aluminum foil, drizzle some oil evenly all over and set aside.

2) On a shallow plate, mix together the almond meal, parm, pizza seasoning, garlic and salt. In a separate small bowl, whisk the eggs with a pinch of salt and set aside.

3) Dip the zucchini sticks in the egg, then coat in the parm mixture, shake off any excess and then place them on the prepared baking sheet.

4) Drizzle some olive oil all over the top, then pop them in the oven for about 25 minutes or until deeply golden brown. Make sure to flip them halfway through for even cooking.

5) Place them on a cooling rack as soon as they come out of the oven.

6) Let the fries cool completely and in the meantime make the sauce by simply mixing together all of the sauce ingredients.

