

Oven Baked Courgette Chips



Serves 3

Prep 15 mins

Cooking 20 mins

Easy

Ingredients

As this is an American recipe I will give the quantities in cups and grammes:

1½ cups or 170 g seasoned breadcrumbs

½ cup or 115g Parmesan cheese

2 courgettes

½ cup or 115g butter, melted

salt & pepper

1. Preheat the oven to 220 C/ Fan 205/Gas 7. Line a baking sheet with aluminium foil lightly greased with cooking spray.
2. Cut the courgettes in half lengthways and remove the seeds. Slice the halves into batons roughly 1½ cm x 1½ cm x 8cm pieces.
3. Combine the breadcrumbs, cheese, and seasoning in a bowl. Dip the courgette batons first in the melted butter, then into the breadcrumbs. Shake gently to remove any excess and place on the prepared baking sheet. Refrigerate for 30 mins to an hour if possible.
4. Bake in a preheated oven until the chips are golden and tender, about 20 mins.