

Less than 30 minutes

Serves 4 (as a side)

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Ingredients:

- Vegetable oil, for deep-frying
- 2 cups (500ml) regular or panko breadcrumbs
- ¼ cup (60ml) grated parmesan (optional)
- 3 Tbsp (45ml) chopped fresh parsley
- 3 eggs
- Salt and milled pepper
- 1 punnet (800g) large baby marrows, julienned
- Fine salt or flavoured salt, for serving

Method:

1. Fill a large pot with oil to about ¾ full and heat to 180°C. (See tip above on how to test oil temperature with no thermometer.)
2. Combine breadcrumbs, parmesan (if using) and parsley in a bowl.
3. Whisk eggs in a separate bowl and season generously.
4. Dip baby marrow chips into egg and then the breadcrumb mixture.
5. Deep-fry for 3-5 minutes or until golden and crispy.
6. Drain on kitchen paper, sprinkle with salt and serve immediately.

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