

Less than 30 minutes

Serves 4 as a starter or snack

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Ingredients:

- 4 (about 180g each) baby marrows
- 1 small (about 300g) sweet potato
- ½ small (150g) brinjal
- 2 tsp (10ml) dried Italian herbs
- 2 egg whites, whisked
- 1 cup (250ml) panko breadcrumbs

Method:

1. Slice baby marrows, sweet potato and brinjal to 3mm thick slices – a mandolin works well for this.
2. Combine panko breadcrumbs and dried Italian herbs.
3. Season to taste.
4. Dip vegetables in egg whites and then in crumbs.
5. Place on a lined baking tray in a single layer and bake at 200°C for 13-18 minutes or until crisp and golden.
6. Serve hot.