



Parmesan-Panko Avocado Fries

from An Avocado A Day cookbook

INGREDIENTS

Avocado oil, for frying
1/4 cup all-purpose flour
1/2 tsp sweet paprika
1/2 tsp salt, plus more to taste
1 large egg
1 tbs milk
1 cup panko bread crumbs
1/2 cup grated Parmesan cheese
2 avocados

DIRECTIONS

- 1) In a large deep skillet, heat about 1 inch of avocado oil over medium-high heat
- 2) Prepare 3 bowls for breading the fries:
 - One bowl with flour and paprika
 - One bowl with egg and milk
 - One bowl with panko and Parmesan
- 3) Cut each avocado into half and then each half into 3 wedges, 12 wedges total
- 4) One by one, dip each wedge in flour mixture. Dust off excess flour
- 5) Next, dip the wedge into egg mixture
- 6) Finally, dip the wedge into panko-Parmesan mixture
- 7) Place wedge on baking sheet. Repeat with each avocado wedge



Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Serves: 4

- 8) Once oil begins to shimmer (at ~350°), place a few wedges in the skillet and fry for 45-60 seconds, flipping fries after about 20 seconds. Cook until golden brown
- 9) Transfer the fries to a paper towel-lined plate with a slotted spoon and sprinkle with salt
- 10) Repeat steps with remaining wedges
- 11) Enjoy with ketchup or your favorite dipping sauce