



Three Cheese and Garlic Zucchini Fries

Ingredients

- 1 pkt Maggi Crunchy Three Cheese & Garlic Seasoned Coating
- 3 Medium zucchini
- 1 Egg, lightly beaten
- 2 g Spray Oil
- 1 tbsp Lime Juice
- 0.5 Avocado, mashed
- 0.5 cup Whole egg mayonnaise

Instruction

1. Preheat air fryer to 180°C for 5 minutes. Grease and line a large baking tray.
2. Cut the zucchinis into wedges, see tip below.
3. Coat each wedge lightly in egg wash, shake off any excess.
4. Arrange cut side up on prepared tray.
5. Sprinkle over Maggi Crunchy Three Cheese & Garlic Seasoned Coating to coat evenly.
6. Spray air fryer basket with oil spray. Carefully transfer zucchini to air fryer basket in a single layer. Spray with cooking oil spray.
7. Cook on 180°C for 10-12 minutes or until golden lightly and cooked through. Cook in batches, if necessary.
8. To make Lime and Avocado dipping sauce, combine all ingredients (Lime Juice, Avocado and Mayonnaise) in a small bowl. Serve with wedges.

Nutrition

Carbohydrates	13.27 g
Energy	351.92 kcal
Fats	32.08 g
Protein	4.85 g

🕒 27 Minutes

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