



Avocado Fries

Serves 2 as snack

Prep time: 5 minutes

Cooking time: 10-15 minutes

Per portion

Calories: 263

Fat: 15.7g

Saturates: 3.4g

Carbs: 23.6g

of which sugars: 0.7g

Fibre: 1.9g

Protein: 8.3g

Salt: 0.13g

Ingredients:

- 1 medium avocado
- 20g plain flour
- 1 egg
- 40g dry semolina or use 50g stale breadcrumbs
- 1 tsp smoked paprika
- Freshly ground black pepper
- Rapeseed oil spray

Instructions:

Pre-heat the oven to 220CFAN, 475F, Gas Mark 9 .

Slice the avocados in half, and then slice lengthwise into wedges.

Crack the egg into a small bowl and beat for 1 minute

Place the flour into a separate bowl and add the smoked paprika and black pepper, stir to combine

Place the semolina into a small bowl

Line a baking tray with baking parchment

Dip a slice of avocado into the flour, then into the egg and then into the semolina, making sure it is evenly coated. Place the avocado slice on the baking tray and repeat until all the slices have been covered.

Spray the avocado slices lightly with the rapeseed oil spray and bake in the oven for 5 minutes. Remove from the oven and gently turn over. Place back into the oven for a further 5-6 minutes until golden and crispy.

Serve straight away. Great on their own or with homemade salsa.