

Parmesan Carrots



- *500g carrots, peeled*
- *250g breadcrumbs*
- *2 tsp grated lemon zest*
- *2 tbs finely chopped Italian parsley*
- *2 tbs finely grated parmesan cheese*
- *6 tbs plain flour*
- *2 eggs, beaten*
- *500ml vegetable or peanut oil, to fry*

Method

- 1. Remove the carrot tops, leaving a little stalk. Bring a large saucepan of salted water to the boil, add the carrots and cook for 3 minutes. Drain and then dry on paper towel.*
- 2. Combine the crumbs, zest, parsley and parmesan, and season. Place the flour and eggs in separate bowls. Roll the carrots first in flour, then in egg and cover in crumbs.*
- 3. Fry the carrots in hot oil for 1-2 minutes until crisp. Drain on paper towel.*