



Baked green bean fries

10'
Hands on

12'
Cook Time

6
Portion(s)

1
Difficulty



Method

- Preheat the oven to 220°C (430° F) set to fan.
- Lightly grease a [baking pan](#).
- In a large [bowl](#) add the panko, the parmesan, the cayenne pepper, salt, pepper, and mix them well.
- In another large bowl add the flour and in a third bowl add the eggs.
- Firstly, dip the green beans into the bowl with the flour, lightly dust it off, then dip them into the bowl with the eggs, and finally into the panko mixture.
- Arrange them in a single layer into the pan, and bake them for 10-12 minutes or until nicely golden.
- Serve.

Tip

For even more aroma and taste, you can -if you want- use some extra spices of your choice.

Ingredients

- olive oil, to grease the pan
- 50 g panko breadcrumbs
- 80 g parmesan cheese, grated
- 1 pinch cayenne pepper
- 1 teaspoon(s) salt
- 1/2 teaspoon(s) pepper
- 60 g all-purpose flour
- 2 eggs, large, lightly beaten
- 350 g green beans, round, cleaned

Διατροφικός πίνακας

Nutrition information per portion

169 Calories (kcal)	6.8 Total Fat (g)	3.3 Saturated Fat (g)	15.0 Total Carbs (g)
8%	10%	17%	6%
1.8 Sugars (g)	10.0 Protein (g)	2.5 Fibre (g)	1.2 Sodium (g)
2%	20%	10%	20%