

Herb and Spice Fried Vegetables

Ingredients:

Sunflower oil for frying

1 egg, beaten

500ml buttermilk or sour light cream

1 cup cornflour

1 teaspoon chilli powder

1 ½ teaspoon dried oregano

1 teaspoon dried marjoram

2 teaspoons dried basil

2 teaspoons black pepper

2 teaspoons salt

1 teaspoon paprika

2 teaspoon cumin

1 ½ teaspoon garlic powder

1 ½ teaspoon onion powder

1 teaspoon chicken stock powder

2 tablespoons bread crumbs

2kg mixed vegetables prepared and cut into wedges



What to do:

- 1) Beat egg and buttermilk or sour cream together in a small bowl and set aside.
- 2) In another bowl combine dry ingredients and mix well.
- 3) Place the vegetables in the egg mixture in small batches and mix well to coat.
- 4) Then place coated vegetables in the flour mixture and make sure the vegetables are well coated.
- 5) Heat oil in large pan and fry vegetables in batches and drain on cooling rack before serving.