Asparagus Fries

PREP TIME: 10 MIN COOKING TIME: 10 MIN SERVES: 2

Asparagus coated in panko bread crumbs and parmesan and baked until golden brown and crispy.

Ingredients

- 1 pound asparagus, trimmed
- 1/2 cup flour
- 2 eggs, lightly beaten
- 3/4 cup panko breadcrumbs
- 1/4 cup parmigiano reggiano (parmesan), grated
- salt and pepper to taste

Directions

1. Dredge the asparagus in the flour, dip in the egg and then into a mixture of the panko, parmesan, salt and pepper.
2. Place the asparagus in a single layer on a wire rack on a baking sheet and bake in a preheated 425F oven until golden brown, about 7-13 minutes.

Note: For an extra treat, serve with your favourite aioli.