



Mixed Fried Vegetables

NIBBLEDISH CONTRIBUTOR

Ingredients

For 4 people:

350 g of courgettes

350 g of carrots

350 g of potatoes

2 egg whites

100 g of corn flour

2 teaspoons of salt

2 teaspoons of pepper powder or curry powder

oil to fry

chilli sauce

1 yolk (optional)

Instructions

1) Cut courgettes, carrots and potatoes in thin washer or in thin stick.

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- 2) Put the egg whites in a bowl and whip it up with a fork.
 - 3) Mix the corn flour with salt and pepper powder or curry powder. Distribute the mixture on a large plate.
 - 4) Warm up the oil in a preheated wok or pan.
 - 5) Dip into the whipped egg whites the vegetables little by little and then cover them with the mixture of flour.
 - 6) Fry the vegetables little by little for 5 minutes or until they are crisp. Go on with it till they run out.
 - 7) When the vegetables are ready, take them off with a perforated cookware and let them drip on greaseproof paper.
 - 8) Put the vegetables on a platter and serve with chilli sauce.
 - 9) (Optional) If you want you can mix remaining corn flour with the yolk and make some little buns. They are nice and taste well with the chilli sauce.
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