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.