



Crazy Recipes



Fries 'n Frego

WITH AVIKO PREMIUM
SUPER LONG 9MM

serves 10

ingredients

200 g	Aviko Premium Super Long 9 mm	5	Mini cucumbers, sliced
100 g	Green asparagus spears	20 tbsp	Panko
400 g	Fregola	10 tbsp	Tempura
1	Onion, chopped	2 tbsp	Pesto
1	Clove of garlic, crushed		Cress
			Mixed salad leaves

preparation

Heat a saucepan and fry the onion and garlic until softened but not coloured. Add the stock and fregola. Cook the fregola in approximately 10 minutes - avoid overcooking it - and season to taste with pesto. Make a tempura batter, then pass the chips and asparagus through the tempura first and then through the panko breadcrumbs. Repeat this for all chips and asparagus and deep-fry them at 180°C until they are crunchy and golden brown. Serve the fregola on plates and add the crunchy chips and asparagus. Garnish with the mini cucumber slices, mixed salad leaves and cress.

WITH AVIKO PREMIUM FRIES