



CRISPY PARMESAN ZUCCHINI WEDGES WITH CURRIED CASHEW RICE PILAF

FAST. EASY. FRESH.

1. Preheat your oven to 450°F. Then, dice your **shallots** finely. In a small pot, heat the **canola oil**, then add the shallot and sweat until translucent. Add your **rice**, 1 tsp. **sea salt**, and **curry powder**. Mix until the rice is coated in oil and curry. Add 3 cups water, bring to a boil, reduce to a simmer, add the **cashews**, and cook for 12-14 minutes, or until the rice is cooked and the moisture is absorbed.

2. Meanwhile, wash your **zucchini**, cut it into 3" long rounds, then quarter those lengthwise into wedges. Chop the **parsley** finely.

3. Next, set up a breading station. Place your **flour** in one bowl, whisk the **eggs**, ½ tsp. **sea salt**, and ½ tsp. **black pepper** in another bowl, and fill a third bowl with the **panko**, **parmesan**, and chopped **parsley**.

4. Take each zucchini wedge and dip it first in the flour, then in the egg mixture, and finally coat it in the panko parmesan parsley mixture. Lay them out on a parchment-lined baking tray and bake them in the oven for 18-20 minutes.

5. While the zucchini wedges are baking, combine the **yogurt**, **mayonnaise**, and **sriracha** in a bowl and whisk to mix. Adjust the seasoning with sea salt, to your liking.

6. To serve, portion the rice onto plates, add the zucchini wedges, garnish with fresh **arugula**, and serve alongside a ramekin of the sriracha dip. Enjoy!



Ingredients (4 Person Serving – 953 Calories Per Serving)

Zucchini	4 Large	Canola Oil	2 Tbsp.
All Purpose Flour	½ Cup	Shallots	2
Eggs	4 Large	Basmati Rice	1 ½ Cup
Sea Salt	½ tsp.	Sea Salt	1 tsp.
Black Pepper	½ tsp.	Curry Powder	1 Tbsp.
Panko	1 ½ Cups	Cashews	100 g
Parmesan, shredded	1 ½ Cups	Greek Yogurt	4 Tbsp.
Parsley	Few Sprigs	Mayonnaise	4 Tbsp.
Arugula	20 g	Sriracha Sauce	2 Tbsp.

40 Minute Cook Time!