Green Vie
dairy-free delight

Zucchini Parmesan Crisps and Vegan Ranch Sauce with *Parveggio and Sour Cream*

You will need

For the crisps:
2 medium zucchinis
Olive oil
Salt
Freshly ground black pepper

For the breading:
All-purpose flour
Soy milk
200g Panko breadcrumbs
200g Parveggio Grated (vegan Parmesan-style cheese)

For the Vegan Ranch Sauce:
100g vegan sour cream
100g vegan mayonnaise
Fresh parsley, finely chopped
1 tsp garlic powder
Juice of ½ lemon
Salt
Freshly ground black pepper

GreenVie
dairy free analogues

PARVEGGIO
grated

VEGAN

FREE FROM
DAIRY / GLUTEN / SOYA / LACTOSE

GreenVie
Sour Cream
alternative

VEGAN

FREE FROM
DAIRY / GLUTEN / SOYA / LACTOSE / PALM OIL

Method

1. Prepare the Zucchini:

Wash the zucchinis thoroughly and slice them into thin rounds, about 0.5 cm thick.
Lightly salt the slices and place them on paper towels for 10 minutes to draw out excess moisture.

2. Set Up the Breading Station:

Prepare three bowls:
Bowl 1: All-purpose flour
Bowl 2: Soy milk
Bowl 3: A mixture of Panko and Parveggio Grated

3. Bread the Zucchini Slices:

Dredge each zucchini slice in flour, dip into soy milk, and then coat in the Panko-Parveggio mixture, pressing gently to help it stick.
Place the breaded slices on a baking tray lined with parchment paper.
Lightly drizzle with olive oil.

4. Bake:

Preheat the oven to 200°C (392°F) and bake the zucchini crisps for 20–25 minutes, or until golden and crispy.
Flip halfway through for even baking.

5. Prepare the Vegan Ranch Sauce:

In a bowl, combine the vegan sour cream, vegan mayonnaise, garlic powder, lemon juice, and chopped parsley.
Season with salt and freshly ground pepper to taste. Chill until ready to serve.

6. Serve:

Arrange the crispy zucchini slices on a serving plate with a side of vegan ranch dip.
Serve immediately for maximum crunch.

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