



CRISPY COURGETTE DIPPY EGGS

Golden, crunchy courgette soldiers pair perfectly with dippy eggs in this playful twist on a breakfast classic. With a smoky paprika, Parmesan and panko breadcrumb coating for extra crisp, it's a speedy, satisfying dish that's ready in 20 minutes and ideal for dipping and sharing.

Prep time 5 minutes | Cook time 15 minutes | Serves 2

1 medium courgette
100g plain flour
1 tsp smoked paprika
4 Burford Buff eggs
1 tbsp whole milk
125g panko breadcrumbs
25g Parmesan, grated
Olive oil

Heat oven to 200C (fan) and line a baking sheet with baking parchment. Alternatively pop these in the air fryer for half the time.

Trim ends of courgette, cut in half, then cut each half into lengthways. Make sure they're big enough to use as dipping soldiers.

Combine flour, paprika and season in a large bowl. Add courgettes slices and shake to coat.

Whisk 2 eggs with milk in a shallow dish. Then mix the parmesan and breadcrumbs in a separate dish. Using your fingers or tongs, dip the courgette slices in the egg mixture then breadcrumbs and place on a baking tray. Repeat until all slices are covered. Spray with oil and bake for 15 to 20 minutes until golden brown.

Meanwhile, boil 2 eggs to your liking (5–6 minutes in boiling water if you like them runny, depending on their size) and serve in egg cups with the crispy courgette soldiers on the side.



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