


## Vegetable tempura

30-35 min 

2 

3 



### Ingredients

125 gr. (5 oz.) of Schär "Farina/Mehl", 1 courgette, 1 carrot, ½ a cauliflower, 100 gr. of artichokes, 100 gr. of green asparagus, 200 ml. of very cold sparkling mineral water, 2 egg whites, salt as required, oil for frying as required

### Method

Chop the vegetables into pieces (not too small). Whip the egg white until it has a snowy texture, then mix the flour with the mineral water until it is smooth before folding under the whipped egg. Heat the oil in a pan. Place the vegetable pieces into the pan with the oil and fry until golden-brown.

