



Atherina

Make sure you drain out the excess oil Bite sized fish- golden fried



Small Pan

Contains Fish - Gluten

INGREDIENTS

- 200g Frozen Atherina
- 7.5g Flour
- 35ml Rapeseed Oil

METHOD

- 1 Rinse the atherina in cold water.
- 2 Dust the atherina with flour, making sure they are well covered. Shake off any excess.
- 3 Deep fry in hot oil (180°C) for approx 1.5 minutes.
- 4 Drain off excess oil.
- 5 Place in a starter pan and garnish with a lemon wedge.

GARNISH

- Lemon wedge
- Sprinkled spring onion

EQUIPMENT

 Deep Fryer

NOTES

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- Bite sized fish- golden fried