



Marida

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



Small Pan

Contains Fish

INGREDIENTS

- 200g Frozen Marida
- 7.5g OB Dry Mix
- 35ml Rapeseed Oil

METHOD

- 1 Rinse the marida in cold water.
- 2 Dust the marida with OB dry mix, 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

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