



# Greek Fried Herb Crusted Anchovies

**5'**  
Hands on

**15'**  
Cook Time

**6**  
Portion(s)

**1**  
Difficulty



## Method

- Wash the anchovies in water. Strain and set aside.
- Combine all of the ingredients for the coating in a bowl. Dredge the fish in it. Coat well.
- Pour a generous amount of olive oil into a [frying pan](#), over medium to high heat. Fry the fish until golden. Remove and place on paper towels to drain from excess oil.

## Tip

Be careful with the cooking time and temperature of the oil while frying. The fish are very small and delicate and can easily burn.

## Ingredients

- 1 kilo anchovies
- 150 g all-purpose flour
- 100 g semolina, fine
- 2 teaspoon(s) salt
- 1/2 teaspoon(s) pepper
- 1 teaspoon(s) cumin
- 1 teaspoon(s) garlic, powder
- 1 teaspoon(s) paprika, sweet (optional)
- olive oil, for frying

## Διατροφικός πίνακας

Nutrition information per portion

480 Calories (kcal)	24.0 Total Fat (g)	4.5 Saturated Fat (g)	31.0 Total Carbs (g)
24%	34%	23%	12%
0.0 Sugars (g)	35.0 Protein (g)	1.7 Fibre (g)	2.4 Sodium (g)
0%	70%	7%	40%