

STARTER & SNACK

Fried Zucchini Flowers with Alici e Limone

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	4	\$4.04	376 kcal



Fried Zucchini Flowers with Alici e Limone is a hor d'oeuvre that serves 4. One serving contains 413 calories, 23g of protein, and 20g of fat. For \$4.04 per serving, this recipe covers 33% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ pound marinated anchovy fillets, rinsed, drained, and roughly chopped
- ☐ 1 egg
- ☐ 1 tablespoon fresh thyme leaves
- ☐ 1 pound golden creamer potatoes, peeled and cut into 1/2-inch cubes
- ☐ 1 lemon, cut into wedges
- ☐ 1 tablespoon freshly squeezed lemon juice
- ☐ 4 tablespoons extra-virgin olive oil, plus 2 tablespoons
- ☐ 4 servings Salt and pepper, to taste

☐ 2 scallions, thinly sliced

☐ 12 zucchini flowers

EQUIPMENT Frying pan

Method

- 1 Boil potatoes in salted water for 10 minutes, until soft but not water-logged.
- 2 Drain, allow to cool 10 minutes, and mash to a somewhat smooth consistency.
- 3 Add the egg, anchovies, scallions, 4 tablespoons oil, lemon juice, thyme and salt and pepper, to taste.
- 4 Pick through open zucchini flowers to remove stamens and check for bugs. Using a small teaspoon, stuff each blossom with 2 teaspoons of the filling.
- 5 In a 10 to 12-inch non-stick saute pan, heat the olive oil until smoking.
- 6 Place 4 flowers into the pan at a time and cook until golden brown on both sides. Season with salt and pepper.
- 7 Arrange 3 blossoms on each of 4 warmed dinner plates and serve immediately, with bruschetta drizzled with best-quality extra-virgin olive oil, and lemon wedges.

Nutrition per serving

376
KCAL

17 g
PROTEIN

19 g
FAT

42 g
CARBS

Saturated Fat	3.2 g · 20% of daily needs
Fibre	9.5 g · 38% of daily needs
Sugar	16.5 g · 18% of daily needs
Sodium	295 mg · 13% of daily needs
Cholesterol	57.9 mg · 19% of daily needs
Vitamin C	147 mg · 179% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fried-zucchini-flowers-with-alici-e-limone-142234