

GRILLED RED MULLET WITH LEMON SAUCE OF CHIVE AND DILL

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mullet-fish-curry-recipe-indian>

Ingredients:

- 8 mullets or 12 if small, scaled and gutted
- 4 tablespoons olive oil
- 2 chives finely chopped
- 1 dill teacup, finely chopped
- 1 lemon
- 1 teaspoon mustard
- salt

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 3 grams
3. Fat: 14 grams
4. Fiber: 1 grams
5. SaturatedFat: 2 grams
6. Sodium: 210 milligrams

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