

Skate With Green Herb Sauce

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2 tablespoons basil leaves finely chopped
- 2 tablespoons chives finely chopped
- 2 tablespoons capers finely chopped
- 2 tablespoons flat leaf parsley finely chopped
- 1 clove garlic finely chopped
- 1/2 lemon
- 1 lemon strained
- 6 tablespoons olive oil
- 4 skate wings
- all-purpose flour for dusting
- salt
- pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 12 grams
3. Fat: 20 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 3 grams
7. Sodium: 330 milligrams

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