

Pan Seared Lemon Sole With A Coriander And Mint Raita

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/steamed-lemon-sole-recipe-chinese>

Ingredients:

- 8 fillets lemon sole
- 3 tablespoons butter
- 1 tablespoon rapeseed oil or olive oil
- salt
- pepper
- 1 pinch garam masala

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 260 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 76 grams
7. SaturatedFat: 10 grams
8. Sodium: 460 milligrams

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