

HOOKED ON FISH

Fresh. Simple. Sustainable.

Skate with Green Herb Sauce

Food Republic

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
finely grated zest of ½ lemon
juice of 1 lemon, strained
6 tablespoons olive oil
4 skate wings
all-purpose flour, for dusting
Salt and pepper

Put the basil, chives, capers, parsley, garlic, lemon zest and lemon juice in a bowl. Stir in half the olive oil and season with salt and pepper to taste.

Heat the remaining oil in a frying pan or skillet. Dust the skate wings with flour, season with salt and pepper and add to the pan.

Cook for 4-5 minutes on each side, until the flesh has turned snowy white and is beginning to come away from the cartilage.

Pour the prepared herb sauce over the fish and cook over low heat for another few minutes, then transfer to a serving platter and serve immediately.

Serves 4

Check our website for more recipes:

<https://www.hookedonfishchicago.com/recipes>