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featured recipe!

Baked Lemon & Garlic Crusted Flounder

Serves 2

Ingredients

2 flounder fillets, about 1lb total

kosher salt and pepper

1/4 cup grated parmesan cheese

1/2 cup coarse bread crumbs or Italian style breadcrumbs

1 tbsp fresh basil, chopped

1 lemon, zested (reserve the lemon)

1 garlic clove (large) zested

2 tbsp olive oil

Directions:

Preheat the oven to 425° and prepare a rimmed baking sheet with parchment paper.

In a large baking dish, season the fish fillets with salt and pepper.

In a medium size bowl mix the parmesan with the breadcrumbs, lemon zest, basil, and garlic. Then add 1 tbsp of olive oil to the breadcrumbs and mix to incorporate.

Drizzle olive oil over the fish filets. Dredge the filets on both sides or simply sprinkle the breadcrumbs over the top of the fish and press down gently on both sides.

Bake for 15 minutes, or until the fish is cooked and the topping is golden. Let stand for 5 minutes before serving. Squeeze some lemon juice over the top if desired.