

Seafood Charlie Recipe

Garlic Parmesan Flounder

A Seafood Charlie Recipe

Prep Time: 5 mins.

Cook Time: 30 mins.

Serves: 4

INGREDIENTS

1/4 c. extra-virgin olive oil

4 fillets flounder

Kosher salt

Freshly ground black pepper

1/2 c. freshly grated Parmesan

1/4 c. bread crumbs

4 cloves garlic, minced

Juice and zest of 1 lemon

Recipe

1. Preheat oven to 425°. Drizzle 2 tablespoons oil on a large baking sheet. Season flounder with salt and pepper.
2. On a large plate, combine Parmesan, bread crumbs, garlic, and lemon zest. Season with salt and pepper. Dredge fish in bread crumb mixture, pressing to coat.
3. Place fish on prepared baking sheet and drizzle with remaining 2 tablespoons oil and lemon juice. Bake until golden and fish flakes easily with a fork, 20 minutes.

Enjoy!