



fresh fish markets

BROILED FLOUNDER with Parmesan Caesar Glaze

a CATCH-TO-GO meal | serves 4 -6

INGREDIENTS

8 skinless flounder fillets, 4- to 5-oz each
kosher salt and freshly ground black pepper
½ cup good quality mayonnaise
½ cup freshly grated Parmigiano-Reggiano
1 ½ tablespoons loosely packed finely grated
lemon zest (from 1 large lemon)
1 tablespoon fresh lemon juice
½ teaspoon Worcestershire sauce
1 small clove garlic, minced
2 tablespoons coarsely chopped fresh flat-leaf parsley

TIME-SAVING TIP: The rolled fillets look pretty, but you can leave them flat to save time. Just broil 1-2 minutes less.

Kathleen's Comments:

In colder months, we like to serve this with roasted potatoes and roasted veggies. It's also good with brown rice and a fresh salad.

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Position a rack 4 in. from oven heating element and set to broil. Line a broiler pan with foil and lightly grease foil with nonstick cooking spray. Lightly season both sides of the fillets with salt and pepper. Place fillet skinned side up, and starting at the narrow end, roll it up. Repeat with remaining fillets. Arrange the rolls seam side down on the foil-lined pan. Broil fillets until the tops are lightly browned, about 8 minutes.



Prepare the glaze by whisking the mayonnaise, Parmesan, lemon zest, lemon juice, Worcestershire sauce and garlic in a small bowl. Season with pepper to taste. Spread equal amounts of glaze over the top of each fillet and return to the broiler for about 2 minutes, or until the topping is golden brown and bubbly. Carefully transfer the rolled fillets to plates and sprinkle with parsley. Serve immediately.

We're picky about our seafood.
We think you should be too.

