

# Recipes

from Eastern Fisheries



## FLOUNDER GREEK STYLE

PREP TIME: 15 MINUTES | TOTAL TIME: 45 | SERVINGS: 4

### INGREDIENTS:

- 5 Roma tomatoes
- 2 tbsp. olive oil
- ½ Spanish onion, chopped
- 2 cloves garlic, finely chopped
- 2 shallots, sliced thin
- 1 pinch of Italian seasoning
- 24 Kalamata olives, pitted and chopped
- ¼ cup dry white wine
- ¼ cup capers, drained
- 1 tsp. fresh lemon juice
- 6 fresh basil leaves, chopped
- 3 tbsp. Parmesan grated
- 1 pound of flounder fillets
- 3 tbsp. fresh flat leaf parsley, chopped

### DIRECTIONS:

Preheat oven to 425° F.

Remove the skins from the tomatoes by plunging the tomatoes into a pot of boiling water for 7 seconds then quickly remove them to a bowl of ice water until cool to touch. Drain the tomatoes and remove the skin and discard. Chopped the tomatoes and set aside.

Heat the oil in a skillet over medium heat. Add the tomatoes, onion, shallot, garlic, Italian seasoning. Cook until tomatoes and onion are tender, roughly 5-7 minutes. Mix in the Kalamata olives, wine, capers, lemon juice and ½ of the chopped basil. Reduce heat and blend in the cheese until the mixture thickens slightly about 10 minutes.

Rinse and pat dry the fillets, season with a little salt and pepper. Place the fillets in a baking dish and pour the sauce over the fish. Bake for 12 minutes or until the fish flakes easily with a fork.

Garnish with fresh lemon slices, chopped parsley, and basil.



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