

# Bake 'n' Broil Flounder

## Ingredients

4 Flounder fillets  
1/4 cup grated Parmesan cheese  
1 tsp paprika  
3/4 tsp salt  
1/4 tsp pepper  
1/2 cup butter  
2 tbsp fresh lemon juice

## Directions

Combine parmesan cheese and paprika. Season fish with salt and pepper. Preheat oven to 450°. Heat butter in a broiler safe baking dish in oven 8 minutes or until butter is melted and beginning to brown. Place fish in hot butter.

Bake at on middle rack of oven for 10 minutes. Carefully flip fish and baste with pan juices. Sprinkle with lemon juice and parmesan cheese mixture. Bake 5 more minutes or just until fish flakes with a fork. Remove from oven.

Set oven to broil. Broil fish 5 inches from heat for 2-3 minutes or until golden brown.

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