

Broccoli Stuffed Flounder

Ingredients

1 1/2 lbs Flounder Fillets
4 tbsp Butter
1 1/2 tbsp Lemon Juice
2 tsp Cajun seasoning
1 tsp Pepper
1 (10 oz) package frozen chopped
Broccoli, thawed & drained
1 cup cooked brown Rice
1 cup shredded Cheddar Cheese

Directions

Preheat oven to 350°. In a small bowl, combine the butter, lemon juice, salt and pepper. In another bowl, combine the broccoli, rice, cheese and half of the butter mixture.

Spray a baking dish with non-stick cooking spray. Spoon 1/2 cup of mixture onto each fillet. Roll fish up and place seam side down in baking dish. Pour remaining butter mixture over stuffed fish.

Bake, uncovered, at 350° for 25 minutes, or until fish flakes easily with a fork. Sprinkle with paprika, if desired.

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