



Flounder Mediterranean

Oscar · 29/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

Flounder baked with fresh tomatoes kalamata olives capers onion and white wine Serve with white rice and a green vegetable

Ingredients

- - 5 roma (plum) tomatoes - 2 tablespoons extra virgin olive oil - ½ Spanish onion
- chopped - 2 cloves garlic
- chopped - 1 pinch Italian seasoning - 24 kalamata olives
- pitted and chopped - ¼ cup white wine - ¼ cup capers - 1 teaspoon fresh lemon juice - 6 leaves fresh basil
- chopped - 3 tablespoons freshly grated Parmesan cheese - 1 pound flounder fillets - 6 leaves fresh basil
- torn

Instructions

1. Preheat oven to 425 degrees F (220 degrees C). Bring a saucepan of water to a boil. Plunge tomatoes into the boiling water and immediately remove to a medium bowl of ice water; drain. Remove and discard skins from tomatoes. Chop tomatoes and set aside. Heat olive oil in a skillet over medium heat; saute onion until tender
2. about 5 minutes. Stir in tomatoes
3. garlic and Italian seasoning; cook until tomatoes are tender
4. 5 to 7 minutes. Mix in olives
5. wine
6. capers
7. lemon juice
8. and 1/2 the basil. Reduce heat
9. blend in Parmesan cheese
10. and cook until the mixture is reduced to a thick sauce
11. about 15 minutes. Place flounder in a shallow baking dish. Pour sauce over the fillets and top with remaining basil leaves. Bake 12 minutes in the preheated oven
12. until fish is easily flaked with a fork. cookin'mama