

Sauteed Flounder & Spicy Remoulade

Ingredients

3/4 cup uncooked orzo	2 tsp sriracha
3 tbsp chopped fresh parsley, divided	1 tsp chopped capers
3/4 tsp fresh ground black pepper, divided	2 tbsp extra virgin olive oil, divided
1/2 tsp kosher salt, divided	3 tbsp all purpose flour
1/4 cup mayonnaise	4 flounder fillets
1 tbsp fresh lemon juice	
2 tsp whole grain Dijon mustard	

Directions

Cook orzo according to directions, omitting salt & fat. Drain, and stir in 2 tbsp parsley, 1/4 tsp pepper and 1/4 tsp salt.

Combine remaining 1 tbsp parsley, mayonnaise, lemon juice, mustard, sriracha and capers in small bowl.

Heat a large nonstick skillet over medium high heat. Add 1 tbsp oil, swirl to coat. Place flour in a shallow dish. Sprinkle fillets evenly with 1/2 tsp pepper and 1/4 tsp salt. Dredge fillets in flour. Add fish to pan and cook 2 minutes per side or until desired degree of doneness. Remove from pan. Serve with remoulade and orzo.

Serves: 4

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