

# Seasoned Flounder Casserole

## Ingredients

1 lb Flounder fillet  
1 tbsp Olive Oil  
2 tbsp Lemon Zest

## Seasoning Mix:

1 1/2 tsp White Pepper  
1/2 tsp Cayenne Pepper  
1/2 tsp Black Pepper  
1 tsp Onion Powder  
1 tsp Kosher Salt  
1 1/2 tsp Garlic Powder  
1/2 tsp Ground Mustard  
1 1/2 tsp Dill Weed, dried  
1 tbsp Basil, dried  
1 1/2 tsp Parsley, dried

## Directions

Mix together seasoning ingredients. Try rubbing dried herbs (dill weed, basil, & parsley) between fingers to awaken flavors.

Preheat oven to 350°. Spray casserole dish with non-stick cooking spray.

Place fish in casserole dish and drizzle with olive oil and seasoning mixture.

Bake uncovered for 12-15 minutes or until fish flakes easily with fork. Sprinkle with lemon zest & Enjoy!

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Reading, PA

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