

## Baked Flounder



Servings:

**4 servings**

Prep Time:

**15 min**

Cook Time:

**25 min**

### Ingredients

- 2 pints **Grape Tomatoes** , 1 pint halved / 1 pint left whole
- 2 **Garlic Cloves**
- 1/4 cup **Parsley, fresh**
- 1/4 cup **Basil, fresh**
- 1 **Lemon**, sliced
- 1 1/2 lbs **Flounder Fillets**
- 1/4 tsp **Salt & Pepper**
- 1 **Red Bell Pepper**, julienned
- 1 **Red Onion**, sliced
- 1 tbsp **Capers**, drained
- 1 15 oz can **Cannellini Beans**, rinsed, drained
- 1 tbsp **Olive Oil**
- 1/4 tsp **Salt & Pepper**
- 1/2 tsp **Oregano**

### Method of Preparation

#### Step 1

Preheat the oven to 400°F. Spray a baking dish with pan spray.

#### Step 2

In a food processor add 1 pint of whole grape tomatoes, garlic, parsley, and basil. Pulse until the mixture is chunky.

#### Step 3

Line the bottom of the baking dish with the lemon slices.

#### Step 4

Place the flounder fillets over the lemons. Season with salt and pepper.

#### Step 5

Add the bell pepper, red onion, capers, cannellini beans, and halved tomatoes over the fish. Add the tomato & herb mixture over that.

#### Step 6

Drizzle the top with olive oil and season with the spices. Bake for 20-25 minutes or until the fish is cooked through and flakey.

Enjoy with some fresh bread!

- Pinch **Red Pepper Flakes**

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