

Flounder Fillets with Lemon-Pepper Vegetables

Ingredients

2 tbsp dry white wine
1 tbsp fresh lemon juice
2 tbsp finely chopped fresh
parsley leaves

2 tsp olive oil
½ tsp coarsely ground black
pepper

½ tsp salt
¼ onion, sliced thin
1 carrot, cut into 2-inch julienne
strips

½ yellow squash, cut into 2-inch
julienne strips

½ zucchini, cut into 2-inch julienne
strips

1 flounder fillet, halved lengthwise and
seasoned with salt and pepper

Method

Season fish with salt and pepper.

Place fish in center of
convectionware and coat with
olive oil and lemon juice. Arrange
vegetables around flounder and
pour in wine. Top with parsley
leaves.

Secure convectionware lid and
bake in a 450 degree oven for
12 minutes.