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## CONTACT

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# Stuffed Flounder

Serves 4-5 people

2 lbs. Wild Caught Flounder Fillets

½ lb. Organic Spring Mix

16 oz. Organic Salsa

8 oz. Organic Cherry tomatoes

1 tsp. Celtic Sea Salt

2 tbsp. Balsamic Vinegar

½ tsp. Organic Oregano

3 tbsp. Cold Pressed Greek Olive Oil

½ tsp. Organic Granulated Garlic.

¼ tsp. Fresh Ground Pepper

## Stuffing:

Cut the tomatoes in half and add to the spring mix in a bowl. Dress with Balsamic Vinegar, 1 tbsp olive oil, oregano, pepper, sea salt and garlic powder.

Preheat oven to 375 F, preferably convection bake.

Rinse the flounder and lay it on a cutting board dark side down. Place a handful of stuffing onto the flounder, roll it over and hold it in place with a large toothpick. Place in a parchment lined aluminum pan, pyrex dish or ceramic pan (best). Add a generous scoop of salsa onto each rolled flounder. Drizzle remaining olive oil onto each stuffed flounder.

Place a temperature probe into the center meat of one of the flounders. Cook until 140 F. Health department recommends 150 F.

Watch the video on YouTube:

<https://youtu.be/C7qrMZOjjs>