

Wild Caught Fluke Fillet



Great tasting fish does not take much! Our wild caught fluke fillet has over 30g of protein in just a 6oz portion. This fluke is mild, healthy and ready in just minutes. It is meatier than flounder in texture and will reward you with snow white flakes and a delicate flavor. This flatfish is wonder for beginners in terms of prep and is loved by kids and grandkids. Try it pan seared, baked or just follow our simple recipe below. Save \$2/lb and get it for \$18.99 at Joe's this week!

Serving Size: 2

[Print Recipe](#)

Ingredients



- [Joes' Fluke Fillet](#)

[Buy Now](#)

Instructions

Share

Related Recipes

[Grilled or Baked Amberjack](#)

[Learn More](#)



[New Zealand Snapper with Tomato & Herb Salsa](#)

[Learn More](#)



