

Garlic Parmesan Crusted Flounder





Instructions

1. Preheat oven to 425°. Drizzle 2 tablespoons oil on a large baking sheet. Season flounder with salt and pepper.
2. On a large plate, combine Parmesan, breadcrumbs, garlic, and lemon zest. Season with salt and pepper. Dredge fish in bread crumb mixture, pressing to coat.
3. Place fish on prepared baking sheet and drizzle with remaining 2 tablespoons oil and lemon juice. Bake until golden and fish flakes easily with a fork, about 20 minutes.

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