



Mediterranean Flounder Packet Meal

Prep Time 10 mins
Total Time 30 mins
Meal Type Lunch,Dinner
Contributed By LivingPlateRx
Source Living Plate Teaching Kitchen



Servings 4

Ingredients

lb,c g,ml

- 1 zucchini, medium, *Sliced into half circles*
- 1 cups cherry Tomatoes, *Halved*
- 4 cloves garlic, *minced*
- 1/4 cups parsley, fresh, *chopped*
- 1 lemon, *juiced and zested*
- 1 1/2 lb flounder (6 oz per fillet)
- salt, *to taste*
- black pepper, *to taste*
- 4 Tbs olive oil
- 1/2 tsp red pepper flakes

Directions

Prep

1. Preheat oven to 400° F.
2. Wash and cut all vegetables. Zest and juice lemon.
3. Prepare a 10x12 inch piece of foil lined with parchment paper for each serving.

Make

1. Spread out each piece of foil on a baking sheet and top each with a piece of parchment paper. Slightly crimp the edges to prevent juices from running.
2. Fill each packet with zucchini and cherry tomatoes. Top with flounder. Season with salt and pepper to taste.
3. In a small bowl, whisk together olive oil, garlic, lemon juice and zest, and crushed red pepper flakes. Pour mixture over the flounder.
4. Fold the edges of the packet over the flounder and fold to seal. Bake for 16 minutes. Remove from the oven and allow to cool for 2 minutes before opening. Caution: steam will escape the packet when opened.
5. Garnish opened packets with fresh parsley and serve.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	247	Total Fat 16.9g	25%	Total Carbohydrates 2g	0%
		Saturated Fat 2.6g	13%	Dietary Fiber 0g	0%
		Trans Fat 0.0g		Total Sugars 0g	
		Cholesterol 77mg	25%		
		Sodium 506mg	22%	Protein 21g	
Vitamin D 5mcg 47% · Calcium 47mg 4% · Iron 1mg 3% · Potassium 318mg 6%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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