



RECIPE | TOMATOES

SEARED FLOUNDER & TOMATOES



20 min

5 min
PREP.

15 min
COOKING



4



Easy

INGREDIENTS

Recipe created by *Laura Ashley Johnson*

1 dry pint Pure Flavor® Oriana® Orange Grape Tomatoes
4 flounder filets
3 cloves garlic, minced
1 shallot, thinly sliced
12 oz green beans, blanched
4 cups white rice, cooked & divided
1 cup flour
5 tbsp olive oil, divided
2 tsp Cajun seasoning
Salt & pepper, to taste



DIRECTIONS

- 1 Heat 2 tablespoons of the olive oil in a skillet on medium-high heat. Add shallots and garlic to skillet & sauté for 1 minute.
- 2 Add tomatoes and cook for 4 minutes.
- 3 Fold in green beans & season with salt and pepper. Cook for 3 minutes and turn off heat.
- 4 Season flounder on both sides with Cajun seasoning and lightly dredge in flour.
- 5 Heat the remaining oil in a large skillet on medium-high heat. Once hot, cook filets on each side for 4 minutes.
- 6 To serve, plate flounder over rice and top with the cooked veggies.

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