

# CREOLE STYLE FLOUNDER



## Ingredients

- 1 1/2 lb. Orca Bay flounder (CBI # 258142 Orca Bay Flounder Fillet 3-5 oz IQF Skinless)
- 1 lg. green pepper, sliced in thin strips
- 1 1/2 c. green onions & tops, sliced
- 2 tbsp. butter
- 2 cups tomatoes, chopped
- 8 oz. tomato sauce
- Salt & pepper to taste
- 1/2 tsp. ground thyme (CBI # 140275)
- 1 bay leaf (CBI # 140029)
- 3 cups cooked rice

## Instructions

1. Cook onions and pepper in butter until soft (not brown).
2. Stir in tomatoes, tomato sauce, salt and pepper, thyme and bay leaf.
3. Simmer 15 minutes.
4. Remove bay leaf.
5. Spoon over flounder.
6. Bake at 375 degrees for 15 minutes or until flounder is flaky.
7. Serve over a bed of rice. (CBI # 112042 Basmati Rice)