



Sponsors



Notes

Serves 6-8

Mayo can be made a day in advance.

Goes great with potatoes or rice and your favorite vegetables.

Panko Almond Flounder with Herb Mayo

By Chef Ben Porter, Viera on Main

Ingredients

Flounder fillets (6-8oz per person)

Herb Mayo:

1 cup mayonnaise
1/4 cup chopped parsley
1/4 cup chopped cilantro
2 Tbsp chopped scallion
1 Tbsp capers
1 tsp lemon juice
salt and pepper
water

Panko Almond Topping:

1 cup panko bread crumbs
1/2 cup chopped almonds
4 Tbsp melted butter
salt

Directions

Herb Mayo:

- Place all ingredients except mayo in blender.
- Add just enough water to get it to puree.
- Wisk pureed mixture into mayo. Set aside.

Panko Almond Topping:

- Mix panko bread crumbs and chopped almonds together in bowl.
- Pour melted butter over panko almond mixture and mix well.
- Season with salt as needed.

Assemble Flounder:

- Roll flounder filets into desired portion size (about 6 - 8 oz per person).
- Brush with herb mayo and cover with panko almond mixture.
- Place in an oven safe dish and bake at 350 °F until cooked through (usually 20 - 25 minutes).

Optional: garnish with microgreens