

BAKED FLOUNDER WITH LEMON-SOY VINAIGRETTE

Preparation: **10** mins. | Cooking: **10** mins. | Servings: **2**

INGREDIENTS

2 flounder fillets (6 ounces each)
1 garlic clove
2 tbsp. fresh lemon juice
2 tsp. soy sauce
1/2 tsp. sugar
1/2 tsp. salt
2 tbsp. olive oil



INSTRUCTIONS

Preheat oven to 450 degrees. Arrange fillets in a ceramic or glass baking dish just large enough to hold them in one layer. Mince garlic, and in a small bowl combine with lemon juice, soy sauce, sugar and salt. Whisk in oil until emulsified, and pour vinaigrette over fish. Bake fish in the middle of the oven until it is cooked through and no longer translucent, 5-7 minutes. Pair with your favorite vegetable, and enjoy!