



HOPE30 KITCHEN

Hope30 Baked Flounder with Roasted Brussel Sprouts

Ingredients:

- Flounder Filets
- juice of half a lemon
- 1 tsp Herbes de Provence
- pink salt and black pepper to taste
- Brussel Sprouts halved
- A few splashes of veggie broth

Cooking Directions:

- Line a baking sheet with parchment paper.
 - Place your flounder on the sheet and squeeze the lemons over the fish.
 - Season with Herbes de Provence, salt and pepper.
 - Toss halved brussels in broth and season with salt and pepper.
 - Place cut side down on a separate parchment lined sheet.
 - Bake both pans at 350 for about 15 minutes.
 - Keep an eye on the fish. Once it's done, remove fish from the oven, give the brussels a shake, and continue to roast them for an additional few minutes to crisp up.
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