



# Broiled Flounder with Mustard & Thyme

This is a super quick and simple recipe. Any thin white fish fillets would work well!

## Ingredients:

- 1.5 lbs of flounder fillets
- 1 tsp coconut oil
- 1/3 cup Dijon mustard
- 1 tbsp honey
- 1/2 tsp dried thyme
- 1 tbsp lemon juice

## Instructions:

1. Preheat the broiler on high.
2. Place the oven rack as close to the broiler as possible. The oven should be very hot.
3. Use the oil to lightly grease a rimmed baking sheet.
4. In a small bowl combine; mustard, honey, thyme, and lemon juice.
5. Lay the flounder on the baking sheet and brush the top of each fillet with the mustard and thyme mixture.
6. Place the flounder under the broiler for 2 to 3 minutes or until just cooked through.

NOTE: It will cook very fast!

7. Remove fish and serve with some fresh lemon wedges. Enjoy!

