

# POACHED FLOUNDER

Yield: 4 Servings



**TOTAL TIME:** 25 minutes

## INGREDIENTS

- 1 Tbsp. Wegmans Basting Oil
- 1 pkg. (7 oz.) Food You Feel Good About Diced Mirepoix
- ½ cup white wine
- ½ cup Kitchen Basics Seafood Stock
- 2 containers (4 oz. each) Food You Feel Good About Roasted Sweet Red Pepper Sauce (Prepared Foods)
- Salt and pepper to taste
- 4 flounder or sole fillets (about 1¼ lbs.)

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## PREPARATION

1. Heat basting oil in braising pan on medium-high heat. Add mirepoix and cook, stirring, 2–3 min., until soft but not browned. Add wine and cook 3–5 min. until liquid is reduced to one-third. Add seafood stock and red pepper sauce. Season to taste with salt and pepper. Heat to 170-degree simmer; reduce heat to medium-low and simmer 5 min. to blend flavors.
2. Season fillets with salt and pepper. Fold under thin end of each fillet, place in pan. Return to 170 degrees. Cover and poach 5–7 min., until internal temp. reaches 130 degrees. (Check by inserting thermometer halfway into thickest part of fillet.)
3. Remove fillets from pan; let rest at least 2 min.

## NUTRITION

**Per serving:** Calories: 220; Fat: 10 g (2 g saturated fat); Cholesterol: 70 mg; Carbohydrates: 9 g; Fiber: 2 g; Protein: 17 g; Sodium: 580 mg.

Recipe courtesy of Wegmans