



## Alaska Flounder — sautéed with light lemony caper butter and served over angel hair pasta

Low in fat, high in protein, GO WILD™ flounder filets have a delicate, mild flavor—a flavor profile reminiscent of shellfish. This lean, yet moist flaky fish is best served sautéed. In this GO WILD™ Creation, our culinary artists suggest a classic French preparation called meunière, in which the fish is removed from the skillet once it's cooked, and butter, lemon juice and capers are browned right in the same pan. The toasty nuttiness of the meunière sauce is balanced with the tangy, savory flavors of lemon and capers. Serve over angel hair pasta; the pasta cooks quickly—in about two minutes—so be sure to bring your water to a rolling boil while your sauce is thickening.

**Prep time:**  
5 minutes

**Cook time:**  
10 minutes

**Difficulty level:**  
Simple

**Serves:** 2

### Ingredients

1 tray GO WILD™ Alaska Flounder  
1 lb angel hair pasta

#### **Lemon caper butter sauce**

1 lemon, juiced  
½ cup white wine  
2 Tbsp butter  
1 Tbsp capers  
1 Tbsp Italian parsley, chopped

### Directions

#### **Angel hair pasta**

Follow Manufacturer's Directions

#### **GO WILD™ Alaska Flounder**

Heat a non-stick skillet with 1 Tbsp oil, cook flounder until browned and lower heat. Remove pan from stove, add white wine and place back on burner. Add lemon juice, capers and butter. Cook until sauce is thickened. Serve over pasta.

#### **COOKING TIP**

Reducing the sauce to the correct thickness is what gives the sauce depth of flavor. Always cook with a wine that is good enough to have with dinner.