

RECIPE | TOMATOES



SEARED FLOUNDER & TOMATOES



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Recipe created by *Laura Ashley Johnson*



20 min

5 min
PREP.

15 min
COOKING



4



easy

INGREDIENTS

- 1 dry pint** Pure Flavor® Oriana® Orange Grape Tomatoes
- 4** flounder filets
- 3** cloves garlic, minced
- 1** shallot, thinly sliced
- 12 oz** green beans, blanched
- 4 cups** white rice, cooked & divided
- 1 cup** flour
- 5 tbsp** olive oil, divided
- 2 tsp** Cajun seasoning
- Salt & pepper, to taste

DIRECTIONS

- Heat 2 tablespoons of the olive oil in a skillet on medium-high heat. Add shallots and garlic to skillet & sauté for 1 minute.
- Add tomatoes and cook for 4 minutes.
- Fold in green beans & season with salt and pepper. Cook for 3 minutes and turn off heat.
- Season flounder on both sides with Cajun seasoning and lightly dredge in flour.
- Heat the remaining oil in a large skillet on medium-high heat. Once hot, cook filets on each side for 4 minutes.
- To serve, plate flounder over rice and top with the cooked veggies.