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RECIPE & PHOTO BY  
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# spinach artichoke flounder

## ingredients

### SPINACH ARTICHOKE SAUCE:

- 2 tbsp butter
- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 1 c diced yellow onion
- 8 oz cream cheese
- 1½ c chicken stock
- 1 14 oz can or jar artichoke heart quarters
- 4 c fresh spinach
- 1 c fresh tomato, diced
- ½ tsp ground black pepper
- 1 c shredded Parmesan cheese

### FLOUNDER:

- 4 flounder fillets
- ½ tsp Cajun seasoning
- ¼ c all-purpose flour
- 3 tbsp extra virgin olive oil

## directions

**SPINACH ARTICHOKE SAUCE:** Heat butter and oil in a large skillet on medium heat. Add onion and garlic and sauté about 5 minutes until vegetables are translucent. Add cream cheese and whisk together with onion and garlic to combine. Whisk in chicken stock then add spinach, tomatoes and black pepper. Reduce heat to low and simmer about 15 minutes to thicken sauce. Cook fish while sauce is simmering. Stir in Parmesan cheese right before serving.

**FLOUNDER:** Combine Cajun seasoning and flour. Lightly dust all fillets on both sides with the seasoned flour. Heat oil over medium-high heat and cook fish for about 3 minutes per side or until fish is golden brown and cooked through.

**TO SERVE:** Plate fillets over angel hair pasta (optional) and top with a generous amount of spinach artichoke sauce. **SERVES 4.**

**COOK'S NOTES:** This recipe can be made with any white flaky fish. Even salmon would work. If your sauce seems too thick after simmering, you can add some heavy cream or milk to thin it out.

## pair it

Chalone  
Estate  
Chardonnay

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information

