

# Stuffed Filet of Flounder

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/gordon-ramsay-filet-of-beef-wellington-christmas-recipe>

## Ingredients:

- 6 slices filet flounder
- 1 1/4 cups seasoned bread crumbs Italian style
- 1/2 cup Italian parsley chopped, – stems removed and chopped
- 1 tablespoon capers
- 1 tablespoon juice
- 1 stalk celery – chopped fine
- 4 cloves garlic – chopped fine
- 1/2 lemon
- 1/4 cup grated Parmesan cheese
- olive oil – for drizzling
- paprika
- dried oregano
- 4 cups baby spinach
- 3/4 cup walnut pieces
- 4 cloves garlic chopped
- sea salt
- 1/4 teaspoon red pepper flakes
- olive oil

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 3 grams
8. Sodium: 410 milligrams

9. Sugar: 2 grams

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