



# SEA EAGLE MARKET

From our boats to your table!

## Shrimp & Crab Stuffed Flounder

Serves 8

### Ingredients

- 2 tablespoons butter
- 1 cup chopped onion
- 3/4 lb small local shrimp
- 1 small can (4.5 oz) sliced mushrooms, drained
- 1/2 pound local crabmeat
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1/3 cup chicken broth
- 2 tablespoons water
- 2/3 cup shredded Cheddar cheese
- 2 tablespoons minced fresh parsley
- 8 - 1/2 pound flounder fillets (skinless)

### Directions

- Preheat oven to 400 degrees F. Lightly grease a 9x13 inch baking dish and set aside.
- In a saucepan over medium heat, melt butter and sauté onion, and mushrooms until onion is tender. When thoroughly cooked, remove from heat. Stir in salt, pepper, paprika, shrimp and crab meat and mix thoroughly.
- Spoon the shrimp and crab mixture onto each flounder fillet. Roll the fillet up and fasten with toothpicks. Place rolled filets in prepared baking dish.
- In a small bowl, whisk together chicken broth, and water until smooth. Pour over the filets. Sprinkle cheese over the top.
- Cover the baking dish with aluminum foil and bake in preheated oven for 30 minutes. Remove from oven and remove foil. Sprinkle the parsley over the top of the filets. Return the dish to the oven and bake uncovered for an additional 5 minutes or until fish flakes easily with a fork.