

# Core Cooking with Mandie Shockley

---

## Baked Citrus Flounder



### INGREDIENTS

*Serves 2*

8-16 flounder

1 clove minced garlic

2 Tbsp minced white onion

Zest and juice of ½ orange

Pink Himalayan salt

Cracked black pepper

### INSTRUCTIONS

Preheat oven to 375 degrees. Place flounder in baking dish and top with garlic, onion, and orange zest. Squeeze juice over flounder and bake for 20 minutes. Serve with vegetable of choice and a leafy greens salad.