

# Seared Flounder

*with Yellow & Green Bean Salad over Millet*

The green and yellow beans featured in this recipe are actually the unripe fruits of the common bean plant. To highlight the beans, which are a great source of folate, potassium and vitamin K, we dressed them in a tangy mustard dressing. Flounder—a flaky, white fish with a mild and sweet flavor—and millet with fresh herbs provide the perfect pairing for this bright bean salad.



## Ingredients

- 1 Bunch Chives
- 1 Bunch Tarragon
- 1 Bunch Green Beans
- 1 Bunch Yellow Wax Beans
- 1 Clove Garlic
- 1 Lemon
- ½ Cup Millet
- 2 Tablespoons Dijon Mustard
- 2 Tablespoons Mayonnaise
- 2 Flounder Fillets
- ¼ Cup All-Purpose Flour

Makes 2 Servings  
About 500 Calories Per Serving



# Instructions

1



## Prepare your ingredients:

Heat 2 small or medium pots of salted water on medium heat until boiling. Finely chop the chives and tarragon. Trim the ends off of the green and yellow beans and chop into bite-sized pieces. Peel and mince the garlic until it resembles a paste. Cut the lemon into quarters.

2



## Cook the millet:

Once one of the pots of water is boiling, add the **millet**. Cook for 17 to 19 minutes, or until tender. Drain thoroughly and return to the pot. Add **the juice of half the lemon, half of the chives, half of the tarragon and a drizzle of olive oil**; season with salt and pepper to taste.

3



## Blanch the beans:

Once the second pot of water is boiling, add the **chopped green and yellow beans**. Cook them for 2 to 3 minutes, until slightly tender but still crisp. Drain and rinse with cool water to stop the cooking process. Blot any excess water off the beans with a paper towel. (This will help the dressing to adhere to them later.)

4



## Make the dressing:

In a small bowl, combine the **Dijon mustard, mayonnaise, garlic, the juice of remaining half the lemon and the remaining chives and tarragon**. Slowly whisk in **2 tablespoons of olive oil**, then season with salt and pepper to taste.

5



## Cook the fish:

Heat a little olive oil in a medium pan over high heat. Pat the **fish fillets** dry with a paper towel, then lightly season with salt and pepper and thinly coat with a layer of **flour**. (If your pan is not large enough to hold both fillets in one piece, cut them each in half.) Once hot, sear the fish for 2 minutes, or until they are golden brown and cooked through. Remove from the pan and place on a paper-towel-lined plate.

6



## Dress the beans & plate your dish:

Toss the **cooked beans** with a little dressing until well coated. (You may have extra dressing. Save it for another use or as an extra sauce to serve with the dish.) Divide the cooked millet between 2 plates. Lay the flounder over the millet and finish with the bean salad. Enjoy!