

Pan-Seared Flounder with Watermelon Salsa

Ingredients:

For the Flounder:

- 4 flounder fillets
- 1 tbsp olive oil
- Salt and pepper, to taste
- Zest of 1 lime
- Optional: ½ tsp smoked paprika or chili powder for a kick

For the Watermelon Salsa:

- 2 cups diced seedless watermelon
- 1 small cucumber, peeled and diced
- ¼ cup finely chopped red onion
- 1 jalapeño, seeded and finely diced (optional)
- 2 tbsp chopped fresh cilantro or mint
- Juice of 1 lime
- Salt, to taste

Instructions:

1. Make the Salsa:

- In a bowl, combine watermelon, cucumber, red onion, jalapeño, and herbs.
- Add lime juice and salt.
- Let sit for at least 10 minutes to allow flavors to meld.

2. Cook the Flounder:

- Pat the fillets dry and season with salt, pepper, lime zest, and optional spices.
- Heat olive oil in a nonstick skillet over medium-high heat.
- Cook fillets 2–3 minutes per side, or until golden and cooked through (flaky and opaque).

3. Serve:

- Plate the flounder and top with a generous spoonful of watermelon salsa.
- Garnish with additional herbs or lime wedges if desired.