**one pot wonder : lemon-garlic flounder linguine**

**ingredients**
1 stick unsalted butter  
4 cloves garlic, minced  
1 c yellow onion, diced  
½ tsp lemon pepper  
¼ tsp salt  
4 c low sodium chicken stock  
1 lb linguine pasta, uncooked  
Juice and zest of 1 large lemon or 2 small lemons  
4 medium flounder filets  
1 c grated Parmesan cheese  
1 c fresh basil, chopped  
1 c fresh parsley, chopped  
Salt and pepper  
Lemon wedges for garnish

**EQUIPMENT NOTES**: Ideally you will need a 13-inch wide skillet with 2-inch deep sides in order for the linguine to lay flat and all ingredients to fit when added. You could also use a 13-inch wide pot. If you do not have a skillet or pot wide enough, you can break the pasta in half before you add to the skillet.

**directions**
To your skillet, over medium heat, add ½ stick of butter, garlic, onion, lemon pepper, salt and sauté about 3 minutes (don’t let the garlic brown). Add remaining butter, chicken stock, linguine, lemon juice, lemon zest and fish to the skillet. Ensure your pasta and fish are fully submerged in the chicken stock. Bring to a boil over medium-high heat. Reduce heat slightly, keeping it at a low boil. It will take about 10-15 minutes for pasta to cook and soak up all the liquid. While cooking, stir about every 2 minutes to keep pasta from sticking together. As you stir, you will have to work the pasta around the fish. The fish will begin to break up and mix in with the pasta as you stir, that’s OK. If your pasta isn’t cooked through after all your liquid is absorbed, you can stir in extra stock or water 1/4 cup at a time until pasta reaches desired consistency.

Once noodles are cooked and liquid has been absorbed, remove skillet from heat. Using tongs, gently fold in 1/4 cup of the Parmesan cheese and all the fresh herbs. Taste and add salt and pepper to your preference.

Divide into bowls and garnish with the remaining Parmesan and squeeze of lemon. SERVES 4-6.

**pair it**
Discoveries Vineyards Chardonnay
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