

Flounder and Salmon Roll-Ups over Angel Hair Pasta

Recipe By Chayie Schlissfeld



Cooking and Prep:  50
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Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Pescetarian

Source: Whisk by Ami
Magazine

Breaded and baked flounder and salmon roll-ups are your new favorite easy dinner that everyone will love.

Ingredients (11)

Roll-ups

- 1 pound flounder fillets (2 fillets), halved
- 1 pound salmon fillets, cubed (can be skinned and cubed at the fish store)
- 1/2 cup Gefen Mayonnaise
- 1 tablespoon Heaven & Earth Ketchup
- 1 tablespoon mustard
- 1/2 cup Gefen Cornflake Crumbs (or use gluten-free cornflake crumbs if needed)

- 1/2 teaspoon salt, plus additional for sprinkling
- 1/2 teaspoon garlic powder
- pinch of black pepper, plus additional for sprinkling

For Serving

- angel hair pasta (use gluten-free if needed)

Sommelier Suggests

- Teperberg Vision Dry White
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Start Cooking

Prepare the Roll-Ups

1. Preheat oven to 350 degrees Fahrenheit. Grease a Gefen Easy Baking Parchment Paper-lined baking sheet with cooking spray.
2. In a shallow bowl, combine mayonnaise, ketchup, and mustard. On a wide flat plate, combine cornflake crumbs and seasoning.
3. Season all fish with salt and pepper. Dredge all fish in mayonnaise mixture. Lay out one piece of flounder and place salmon square in center. Coat in crumbs and place seam side down in baking pan. (I insert a toothpick to ensure the roll-ups don't open).
4. Spray with nonstick cooking spray and bake for 30 minutes. Increase heat to 425 degrees Fahrenheit and bake an additional 10 minutes, until fish is golden.
5. Serve with angel hair pasta or rice noodles.

Tip:
You can prep this recipe in advance. I prepare the roll-ups in the morning and bake fresh. I'll serve the children the pasta and breaded flounder and save the roll-ups for the adults. The pasta can be briefly rewarmed later in the evening or served at room temperature.

Credits

Photo By: Rina Schiffman