

# Pan Seared Flounder with Balsamic Butternut Squash

Winter squash season is in full swing, and flavorful squash can be found at great prices. Butternut squash already has a nice subtle sweetness, and when it is combined with our [Pastamore Traditional Barrel-Aged Balsamic Vinegar](#) is a great pair with flounder or other white fish. The fish and puree in this recipe are paired with rice flavored with our [Pastamore Meyer Lemon Oil](#). All of the parts of this dish taste great separately, and together make a lovely bright dish.

## **Ingredients:**

1 lb - flounder  
1 large - butternut squash  
[2 tsp - Pastamore Traditional Barrel-Aged Balsamic Vinegar](#)  
[1 Tbsp - Pastamore Meyer Lemon Oil](#)  
1//2 Tbsp - fresh sage, chopped  
1 cup - rice  
2 cups - water  
1 Tbsp - vegetable oil  
To taste - salt and black pepper

## **Directions:**

1. Remove skin from butternut squash, cut in half from top to bottom, and scrape out seeds with a spoon. Cut into 1/2" cubes. Heat a large pot on the stove over medium heat. Add the vegetable oil and chopped butternut squash. Cook until fork tender (20-30 minutes).
2. Combine rice and water in a large pot over high heat. Bring to a boil and reduce to a simmer. Cook until tender. Add the [Pastamore Meyer Lemon Oil](#) to the rice and mix well. Season to taste with salt and black pepper.
3. While the rice is cooking, heat a large frying pan on the stove over medium/medium-high heat. Lightly oil the pan as needed and season flounder on both sides with salt and black pepper. Add the flounder to the pan and cook to a minimum temperature of 145°F turning once during the cooking process.
4. Place the cooked butternut squash, sage, and [Pastamore Traditional Barrel-Aged Balsamic Vinegar](#) in a food processor. Blend until smooth. Season to taste with salt and black pepper.
5. Plate the rice and butternut squash puree, and top with the flounder filet. Serve and enjoy.

