



# Baked Flounder and Eggs

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By Melissa Clark | Time: 20 minutes | Yield: 2 servings

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## Ingredients

**3 tablespoons unsalted butter, melted**

**2 8-ounce boneless, skinless flounder fillets, rinsed and patted dry**

**¾ teaspoon kosher salt**

**½ teaspoon paprika**

**Freshly ground black pepper**

**4 large eggs**

**3 tablespoons chopped scallions (optional)**

**3 tablespoons chopped parsley (optional)**

**1 ½ tablespoons drained capers, chopped (optional)**

## Preparation

### Step 1

Preheat oven to 400 degrees. Pour butter in a 13-by-9-inch metal baking pan. Place fish in pan and turn to coat with butter. Season with about half the salt and paprika, and plenty of black pepper.

### Step 2

Bake for 2 to 4 minutes, then add eggs (if you like runny eggs, add them after 3 or 4 minutes; for medium-firm but still slightly runny eggs, add them after 2 minutes, and for very firm eggs, you can add them along with the fish at the beginning). Crack eggs into pan in the corners; eggs should land next to, not on top of fish. Season eggs with remaining salt, paprika and more pepper. Continue baking until fish is just opaque and eggs are lightly set, 7 to 8 minutes more.

### Step 3

Combine scallions, parsley and capers, if using. Transfer fish and eggs to serving plates; garnish with caper mixture.