

Spinach Stuffed Flounder

This **Spinach Stuffed Flounder** is a delicious mix of flaky white fish and creamy spinach filling, baked to perfection. This easy recipe is full of flavor and very versatile.

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 10 mins | 20 mins | 30 mins |

Course: Main Course Cuisine: American

Keyword: stuffed fish recipe, stuffed flounder recipe

Servings: 6 servings Calories: 242kcal Author: [Tania Sheff](#)



4.76 from 82 votes

Ingredients

- 6 flounder fillets
- ½ tsp. Old Bay Seasoning or to taste
- 1 tbsp. olive oil

For the Stuffing

- 3 oz. cream cheese
- ½ cup mozzarella cheese
- ½ cup feta cheese
- 3 oz. baby spinach, roughly chopped

Instructions

1. Place the cream cheese, mozzarella, feta, and chopped baby spinach into a large mixing bowl. Massage the spinach and the cheeses with your hands until they are well combined (it should look like a thick paste). Set aside.
2. Place the flounder fillets onto a large board. Sprinkle the desired amount of Old Bay Seasoning onto each fillet.
3. Divide the stuffing into 6 equal portions. Working one at a time, shape the portion of the stuffing into an egg shape and place it close to the tail of the fish. Then starting from the tail, roll each fillet up jelly-roll style and place it seam side down on the baking dish.
4. Sprinkle some more Old Bay seasoning on top, and using a pastry brush, spread some olive oil over the fillets.
5. Bake at 350°F for about 20 minutes, until the fish is cooked through.

Notes

HOW TO SELECT FLOUNDER FOR THIS RECIPE

For this dish, you'll want to choose flounder fillets that are about six ounces each, without skin, and of even thickness. Since you'll be filling and rolling them, it's important that they are sturdy enough not to tear during the prep or cooking.

Make sure to check each fillet for small pin bones just beneath the surface that may have been missed when the fish was filleted. Remove any before stuffing.

THE SPINACH STUFFING

This spinach stuffing is delicious and goes great with lots of other dishes. Its creamy, gooey texture makes it perfect for different meats and fish, and the mild taste of the spinach complements many other ingredients. I like the slight saltiness of the feta, but if you prefer, you could substitute Parmesan cheese instead. This stuffing is really versatile.

If you prefer it in another fish, try it in my [Spinach Stuffed Salmon](#). It's also tasty in other meats, like this juicy [Spinach Stuffed Chicken recipe](#). Or make a version of white pizza by spreading it on some naan bread and baking for 10 minutes at 400°F. So amazing!

Nutrition

Calories: 242kcal | Carbohydrates: 2g | Protein: 24g | Fat: 15g | Saturated Fat: 7g | Cholesterol: 102mg | Sodium: 702mg | Potassium: 355mg | Fiber: 1g | Sugar: 1g | Vitamin A: 1696IU | Vitamin C: 4mg | Calcium: 173mg | Iron: 1mg